



## 200 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic	Instructor
<b>MAY</b>				
5/17	Friday	6:00pm-8:00pm	Technique Training & Practice	Beate
5/18	Saturday	9:00am-5pm	Techniques Training & Practice	Beate
5/19	Sunday	9:00am-5pm	Techniques Training & Practice	Beate
<b>JUNE</b>				
6/7	Friday	6:00pm-8:pm	Anatomy	Jane
6/8	Saturday	9:00am-5pm	Techniques Training & Practice	Jane
6/9	Sunday	9am-5pm	Techniques Training & Practice	Jane
6/21	Friday	6:00pm-8:00pm	Anatomy	Jane
6/22	Saturday	9:00am-5:00pm	Techniques Training & Practice	Beate
6/23	Sunday	9:00am-5:00pm	Techniques Training & Practice	Beate
<b>JULY</b>				
7/19	Friday	6:00pm-8:00pm	Technique Training & Practice	Christine
7/20	Saturday	9:30am-5:45pm	Techniques Training & Practice	Christine
7/21	Sunday	8:00am-3:00pm	Techniques Training & Practice	Christine

<b>AUGUST</b>				
8/9	Friday	6:00pm-8:pm	Pranayama	Jane
8/10	Saturday	9:00am-5:00pm	Technique Training & Practice	Christine
8/11	Sunday	9:00am-5:00pm	Technique Training & Practice	Christine
8/14	Wednesday	6:00pm-9:00pm	Buddhist Temple	Christine
<b>SEPTEMBER</b>				
9/6	Friday	6:00pm-8:00pm	Ayurveda and Pranayama	Sumeda
9/7	Saturday	9:00am-5pm	Prenatal/Children	Angela
9/8	Sunday	9:00am-5pm	Anatomy/Ayurveda	Jane 3 hours/ Sumeda
9/27	Friday	6:00pm-8:00pm	Practice Teach/Oral Presentation	Beate
9/28	Saturday	9:00am-5pm	Stress Management	Beate
9/29	Sunday	9:00am-5pm	Methodology/Practice Teach/Oral Presentation	Beate
<b>OCTOBER</b>				
10/18	Friday	6:00pm-8:pm	Lifestyle & Ethics	Christine
10/19	Saturday	9:00am-5pm	Practice Teach/Oral Presentation	Christine/Jane
10/20	Sunday	9:00am-5pm	Practice Teach/Oral Presentation	Christine/Jane
<b>NOVEMBER</b>				
11/8	Friday	6:00pm-8:00pm	Anatomy	Jane
11/9	Saturday	9:am-5:00pm	Philosophy	Ken



11/10	Sunday	9:00am-5:00pm	Philosophy	Ken
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<b>DECEMBER</b>				
12/6	Friday	6:00pm-8:00pm	Business	Cortney
12/7	Saturday	9:00am-5:pm	Business/Karma	Christine
12/8	Sunday	9:00am-3:00pm	Chakras/Graduation	Beate 3hr/All

**Graduation Tuesday, 12/8, 1 PM**

**Schedule for Non-Contact Hours**

8 hours-Karma Yoga (Teaching)

7 hours- Personal Study, e.g. journal of meditation and home study

5 hours- Attend alternative yoga style classes, e.g. yin, chair, restorative, children, etc. (each student will be given a 4 class pass at Zenya or they can attend elsewhere at their own expense)