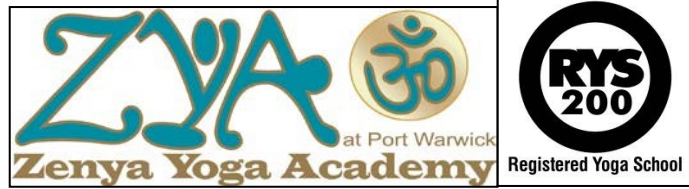


200 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic
JANUARY 2020			
1/17	Friday	6:00pm-8:00pm	Techniques Training & Practice
1/18	Saturday	9:00am-5:00pm	Techniques Training & Practice
1/19	Sunday	9:00am-5:00pm	Techniques Training & Practice
FEBRUARY			
2/7	Friday	6:00pm-8:00pm	Techniques Training & Practice
2/8	Saturday	9:00am-5:00pm	Techniques Training & Practice
2/9	Sunday	9:00am-5:00pm	Techniques Training & Practice
2/28	Friday	6:00pm-8:00pm	Techniques Training & Practice
2/29	Saturday	9:00am-5:00pm	Techniques Training & Practice
3/1	Sunday	9:00am-5:00pm	Techniques Training & Practice
MARCH			
3/13	Friday	6:00pm-8:00pm	Yoga Lifestyle & Ethics
3/14	Saturday	9:00am-5:00pm	Yoga Philosophy
3/15	Sunday	9:00am-5:00pm	Yoga Philosophy
3/27	Friday	6:00pm-8:00pm	Yoga Anatomy & Physiology
3/28	Saturday	9:00am-5:00pm	Anatomy Yoga Anatomy & Physiology
3/29	Sunday	9:00am-5:00pm	Anatomy Yoga Anatomy & Physiology



APRIL				
4/17	Friday	6:00pm-8:00pm	Pranayama	
4/18	Saturday	9:00am-5:00pm	Techniques Training & Practice II	
4/19	Sunday	9:00am-5:00pm	Techniques Training & Practice II	
MAY				
5/1	Friday	6:00pm-8:00pm	Ayurveda & Pranayama	
5/2	Saturday	9:00am-5:00pm	Prenatal & Children's Yoga	
5/3	Sunday	9:00am-5:00pm	Ayurveda	
5/22	Friday	6:00pm-8:00pm	Practice Teach/ Oral Presentation	
5/23	Saturday	9:00am-5:00pm	Yoga For Stress Management	
5/24	Sunday	9:00am-5:00pm	Teaching Methodology/Practice Teach	
JUNE				
6/5	Friday	6:00pm-8:00pm	Yoga Lifestyle & Ethics	
6/6	Saturday	9:00am-5:00pm	Practice Teach/Oral	
6/7	Sunday	9:00am-5:00pm	Practice Teach/Oral	
6/12	Friday	6:00pm-8:00pm	Yoga Business & Marketing	
6/13	Saturday	9:00am-5:00pm	Chakra Theory	
6/14	Sunday	9:00am-3:00pm	Chakras/Graduation	



Graduation Sunday June 14th 1:00 PM

20 Non Contact Hours

The 20 non contact hours are comprised of karma teaching hours, independent study, and attending alternative yoga classes.

Karma Yoga Teaching- 8 hours

Personal Study- Journaling, Meditation, and Home Study- 7 hours

Alternative Yoga Class Participations- 5 hours (5 free classes given at the Zenya studio)