



RYT-500 MODULAR TEACHER TRAINING SCHEDULE

Complete 15 Weekend Modules

| Date | Day | Time | Topic | Instructor |
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| January 2020 | | | | |
| 1/10/20 | Friday | 6:00pm - 8:00pm | Ayurveda: Nurturing the Senses | Jane Heiby, ERYT-200, RYT-500 |
| 1/11/20 | Saturday | 9:00am - 5:00pm | Ayurveda: Dinacharya and Doshas | Dr. Dilip Sarkar, M.D., FACS, D.Ayur |
| 1/12/20 | Sunday | 9:00am - 5:00pm | Ayurveda: Yoga Therapy | Dr. Dilip Sarkar, M.D., FACS, D.Ayur |
| February | | | | |
| 2/7/20 | Friday | 6:00pm - 8:00pm | Qigong | Jane Heiby, ERYT-200, RYT-500 |
| 2/8/20 | Saturday | 9:00am - 5:00pm | Five Element Theory, Ayurveda and Yoga | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 2/9/20 | Sunday | 9:00am - 5:00pm | Five Element Theory, TCM and Yoga | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| March | | | | |
| 3/6/20 | Friday | 6:00pm - 8:00pm | Hands on Adjustments and Healing | Christal Rabalais, ERYT-500, C-IAYT |
| 3/7/20 | Saturday | 9:00am - 5:00pm | Hands on Adjustments and Healing | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 3/8/20 | Sunday | 9:00am - 5:00pm | Hands on Adjustments and Healing | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| March | | | | |
| 3/20/20 | Friday | 6:00pm - 8:00pm | Adaptive Yoga: Modifications for Special Populations & Chair Yoga | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |
| 3/21/20 | Saturday | 9:00am - 5:00pm | Adaptive Yoga: Modifications for Special Populations & Chair Yoga | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |
| 3/22/20 | Sunday | 9:00am - 5:00pm | Adaptive Yoga: Modifications for Special Populations & Chair Yoga | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |



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| May | | | | |
| 5/1/20 | Friday | 6:00pm - 8:00pm | Chanting Workshop | Sumeda Madhuri, RYT-200 |
| 5/2/20 | Saturday | 9:00pm - 5:00pm | Ayurvedic Yoga Therapy | Dr. Dilip Sarkar, M.D., FACS, D.Ayur |
| 5/3/20 | Sunday | 9:00pm - 5:00pm | Ayurvedic Yoga Therapy | Dr. Dilip Sarkar, M.D., FACS, D.Ayur |
| June | | | | |
| 6/19/20 | Friday | 6:00pm - 8:00pm | Myofascial Release & Yoga Asana | Linda Melochick, ERYT-200, RYT-500 |
| 6/20/20 | Saturday | 9:00pm - 5:00pm | Myofascial Release & Yoga Asana | Linda Melochick, ERYT-200, RYT-500 |
| 6/21/20 | Sunday | 9:00pm - 5:00pm | Myofascial Release & Yoga Asana | Linda Melochick, ERYT-200, RYT-500 |
| July | | | | |
| 7/10/20 | Friday | 6:00pm - 8:00pm | Chakra Spiritual and Energy Healing | Christal Rabalais, ERYT-500, C-IAYT |
| 7/11/20 | Saturday | 9:00pm - 5:00pm | Chakra Spiritual and Energy Healing | Christal Rabalais, ERYT-500, C-IAYT |
| 7/12/20 | Sunday | 9:00pm - 5:00pm | Chakra Spiritual and Energy Healing | Christal Rabalais, ERYT-500, C-IAYT |
| August | | | | |
| 8/14/20 | Friday | 6:00pm - 8:00pm | Yoga Nidra and Sacred Writing | Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra |
| 8/15/20 | Saturday | 9:00pm - 5:00pm | Yoga Nidra and Sacred Writing | Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra |
| 8/16/20 | Sunday | 9:00pm - 5:00pm | Yoga Nidra and Sacred Writing | Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra |
| September | | | | |
| 9/11/20 | Friday | 6:00pm - 8:00pm | Kaumarabhrtya I: Yoga For Fertility and Yoga For Infants | Angela Vasquez Taylor, RYT-500, RCYT |
| 9/12/20 | Saturday | 9:00pm - 5:00pm | Kaumarabhrtya I: Yoga For Fertility and Yoga For Infants | Angela Vasquez Taylor, RYT-500, RCYT |
| 9/13/20 | Sunday | 9:00pm - 5:00pm | Kaumarabhrtya I: Prenatal Yoga | Angela Vasquez Taylor, RYT-500, RCYT |



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| October | | | | |
| 10/23/20 | Friday | 6:00pm - 8:00pm | Yoga For Chronic Pain & Arthritis | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |
| 10/24/20 | Saturday | 9:00pm - 5:00pm | Yoga For Chronic Pain & Arthritis | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |
| 10/25/20 | Sunday | 9:00pm - 5:00pm | Yoga For Chronic Pain & Arthritis | Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT |
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| November | | | | |
| 11/13/20 | Friday | 6:00pm - 8:00pm | Yoga For Stress Management | Christal Rabalais, ERYT-500, C-IAYT |
| 11/14/20 | Saturday | 9:00pm - 5:00pm | Yoga For Stress Management | Christal Rabalais, ERYT-500, C-IAYT |
| 11/15/20 | Sunday | 9:00pm - 5:00pm | Yoga For Stress Management | Christal Rabalais, ERYT-500, C-IAYT |
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| December | | | | |
| 12/11/20 | Friday | 6:00pm - 8:00pm | Vinyasa Krama- The Art Of Sequencing | Christal Rabalais, ERYT-500, C-IAYT |
| 12/12/20 | Saturday | 9:00pm - 5:00pm | Vinyasa Krama- The Art Of Sequencing | Christal Rabalais, ERYT-500, C-IAYT |
| 12/13/20 | Sunday | 9:00pm - 5:00pm | Vinyasa Krama- The Art Of Sequencing | Christal Rabalais, ERYT-500, C-IAYT |
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| January 2021 | | | | |
| 01/8/21 | Friday | 6:00pm - 8:00pm | Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens | Angela Vasquez Taylor, RYT-500, RCYT |
| 01/9/21 | Saturday | 9:00pm - 5:00pm | Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens | Angela Vasquez Taylor, RYT-500, RCYT |
| 1/10/21 | Sunday | 9:00pm - 5:00pm | Kaumarabhrtya II- Yoga Play- Yoga For Children & Teens | Angela Vasquez Taylor, RYT-500, RCYT |
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| February | | | | |
| 02/19/21 | Friday | 6:00pm - 8:00pm | Advanced Practices- Asanas & Pranayama | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 02/20/21 | Saturday | 9:00pm - 5:00pm | Advanced Practices- Asanas & Pranayama | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 02/21/21 | Sunday | 9:00pm - 5:00pm | Advanced Practices- Asanas & Pranayama | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
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| March 2021 | | | | |
| 03/19/21 | Friday | 6:00pm - 8:00pm | Yin Yoga Immersion Weekend | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 03/20/21 | Saturday | 9:00pm - 5:00pm | Yin Yoga Immersion Weekend | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
| 03/21/21 | Sunday | 9:00pm - 5:00pm | Yin Yoga Immersion Weekend | Muning Hu, ERYT-500, Certified Yin Yoga Instructor |
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| April | | | | |
| 04/23/21 | Friday | 6:00pm - 8:00pm | Trauma Informed Yoga & Ayurveda | Christine Harrell, RYT-500 |
| 04/24/21 | Saturday | 9:00pm - 5:00pm | Trauma Informed Yoga & Ayurveda | Christine Harrell, RYT-500 |
| 04/25/21 | Sunday | 9:00pm - 5:00pm | Trauma Informed Yoga & Ayurveda | Christine Harrell, RYT-500 |
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| May | | | | |
| 05/21/21 | Friday | 6:00pm - 8:00pm | Meditation, Mindfulness, & Happiness | Linda Melochick, ERYT-200, RYT-500 |
| 05/22/21 | Saturday | 9:00pm - 5:00pm | Meditation, Mindfulness, & Happiness | Linda Melochick, ERYT-200, RYT-500 |
| 05/23/21 | Sunday | 9:00pm - 5:00pm | Meditation, Mindfulness, & Happiness | Linda Melochick, ERYT-200, RYT-500 |