



200-Hour Class Schedule- February 14th 2020

Date	Day	Time	Topic	
FEBRUARY 2020				
2/14/20	Friday	6:00pm-8:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
2/15/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
2/16/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
2/28/20	Friday	6:00pm-8:00pm	Techniques Training & Practice	Beate Rose, M.Ed., ERYT 500, YACEP
2/29/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Beate Rose, M.Ed., ERYT 500, YACEP
3/1/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Beate Rose, M.Ed., ERYT 500, YACEP
MARCH				
3/13/20	Friday	6:00pm-8:00pm	Yoga Lifestyle & Ethics	Christal Rabalais, ERYT-500, C-IAYT
3/14/20	Saturday	9:00am-5:00pm	Yoga Philosophy	Kenneth Rose, Ph.D.
3/15/20	Sunday	9:00am-5:00pm	Yoga Philosophy	Kenneth Rose, Ph.D.
3/27/20	Friday	6:00pm-8:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
3/28/20	Saturday	9:00am-5:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
3/29/20	Sunday	9:00am-5:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
APRIL				
4/17/20	Friday	6:00pm-8:00pm	Pranayama	Beate Rose, M.Ed., ERYT 500, YACEP
4/18/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Beate Rose, M.Ed., ERYT 500, YACEP
4/19/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Beate Rose, M.Ed., ERYT 500, YACEP



MAY				
5/1/20	Friday	6:00pm-8:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
5/2/20	Saturday	9:00am-5:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
5/3/20	Sunday	9:00am-5:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
5/22/20	Friday	6:00pm-8:00pm	Teaching Methodology	Beate Rose, M.Ed., ERYT 500, YACEP
5/23/20	Saturday	9:00am-5:00pm	Yoga For Stress Management	Beate Rose, M.Ed., ERYT 500, YACEP
5/24/20	Sunday	9:00am-5:00pm	Intro To Ayurveda	Dr. Dilip Sarkar
JUNE				
6/5/20	Friday	6:00pm-8:00pm	Practice Teach/ Oral Presentation	Christal Rabalais, ERYT-500, C-IAYT
6/6/20	Saturday	9:00am-5:00pm	Modifications & Sequencing	Christal Rabalais, ERYT-500, C-IAYT
6/7/20	Sunday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCYT
6/12/20	Friday	6:00pm-8:00pm	Practice Teach/Oral Presentation	Beate Rose, M.Ed., ERYT 500, YACEP
6/13/20	Saturday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCYT
6/14/20	Sunday	9:00am-3:00pm	Yoga Lifestyle & Ethics	Christal Rabalais, ERYT-500, C-IAYT
6/26/20	Friday	6:00pm-8:00pm	Yoga Business & Marketing	Cortney Cunningham, Studio Owner
6/27/20	Saturday	9:00am-5:00pm	Practice Teach/Oral Presentation	Linda Melochick/ Christal Rabalais
6/28/20	Sunday	9:00am-3:00pm	Chakras Theory/Graduation	Beate Rose, M.Ed., ERYT 500, YACEP/ALL



Graduation Sunday June 28th 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)