



RYT-500 MODULAR TEACHER TRAINING SCHEDULE

Complete 15 Weekend Modules

Date	Day	Time	Topic	Instructor
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



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				
8/7/20	Friday	6:00pm - 8:00pm	Yoga Nidra and Sacred Writing	Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra
8/8/20	Saturday	9:00pm - 5:00pm	Yoga Nidra and Sacred Writing	Elaine Fletcher Chapman, MFA, LPC, LMF, Certified iRest Yoga Nidra
8/9/20	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



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
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
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
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



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
March				
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
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
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