



## 200-Hour Class Schedule- July 24<sup>th</sup> 2020

Date	Day	Time	Topic	
<b>JULY 2020</b>				
7/24/20	Friday	6:00pm-8:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
7/25/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
7/26/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
<b>AUGUST 2020</b>				
8/14/20	Saturday	6:00pm-8:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
8/15/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
8/16/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
8/28/20	Friday	6:00pm-8:00pm	Yoga Lifestyle & Ethics	Christal Rabalais, ERYT-500, C-IAYT
8/29/20	Saturday	9:00am-5:00pm	Yoga Philosophy	Christal Rabalais, ERYT-500, C-IAYT
8/30/20	Sunday	9:00am-5:00pm	Yoga Philosophy	Christal Rabalais, ERYT-500, C-IAYT
<b>SEPTEMBER 2020</b>				
9/18/20	Friday	6:00pm-8:00pm	Pranayama	Muning Hu, ERYT-500, Certified Yin Inst.
9/19/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
9/20/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
9/23/2020	Wednesday	6:00pm-8:00pm	Buddhist Temple Tour & Meditation*	Linda Melochick, ERYT-200, RYT-500
			<i>*Not required but recommended &amp;</i>	
			<i>Equals 3 make-up hours</i>	
<b>OCTOBER 2020</b>				
10/2/20	Friday	6:00pm-8:00pm	Teaching Methodology	Muning Hu, ERYT-500, Certified Yin Inst.

10/3/20	Saturday	9:00am-5:00pm	Yoga For Stress Management	Muning Hu, ERYT-500, Certified Yin Inst.
10/4/20	Sunday	9:00am-5:00pm	Intro To Ayurveda	Muning Hu, ERYT-500, Certified Yin Inst.
10/16/20	Friday	6:00pm-8:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
10/17/20	Saturday	9:00am-5:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
10/18/20	Sunday	9:00am-5:00pm	Yoga Anatomy & Physiology	Ann Swanson, M.S. in Yoga Therapy, C-IAYT, E-RYT500, LMT
<b>NOVEMBER 2020</b>				
11/6/20	Friday	6:00pm-8:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
11/7/20	Saturday	9:00am-5:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
11/8/20	Sunday	9:00am-5:00pm	Techniques Training & Practice II	Christal Rabalais, ERYT-500, C-IAYT
11/20/20	Friday	6:00pm-8:00pm	Practice Teach/ Oral Presentation	Muning Hu, ERYT-500, Certified Yin Inst.
11/21/20	Saturday	9:00am-5:00pm	Modifications & Sequencing	Muning Hu, ERYT-500, Certified Yin Inst.
11/22/20	Sunday	9:00am-5:00pm	Yoga Lifestyle & Ethics	Muning Hu, ERYT-500, Certified Yin Inst.
<b>DECEMBER 2020</b>				
12/18/20	Friday	6:00pm-8:00pm	Practice Teach/ Oral Presentation	Linda Melochick, ERYT-200, RYT-500
12/19/20	Saturday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCT
12/20/20	Sunday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCT
<b>JANUARY 2021</b>				
01/15/21	Friday	6:00pm-8:00pm	Yoga Business & Marketing	Cortney Cunningham, Studio Owner
01/16/21	Saturday	9:00am-5:00pm	Practice Teach/Oral Presentation	Linda Melochick/ Christal Rabalais
01/17/21	Sunday	9:00am-3:00pm	Chakras Theory/Graduation	Christal Rabalais, ERYT-500, C-IAYT



**Graduation Sunday January 17th 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)