



200-Hour Class Schedule- August 28th 2020

Date	Day	Time	Topic	
AUGUST 2020				
8/28/20	Friday	6:00pm-8:00pm	Embracing Your Journey	Christal Rabalais & Linda Melochick
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 & Chakra Theory	Christal Rabalais, ERYT-500, C-IAYT
SEPTEMBER 2020				
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
OCTOBER 2020				
10/2/20	Friday	6:00pm-8:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
10/3/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
10/4/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Linda Melochick, ERYT-200, RYT-500
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
10/21/2020	Wednesday	6:00pm-8:00pm	Buddhist Temple Tour & Meditation*	Linda Melochick, ERYT-200, RYT-500
			<i>*Not required but recommended &</i>	
			<i>Equals 3 make-up hours</i>	

NOVEMBER 2020				
11/6/20	Friday	6:00pm-8:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
11/7/20	Saturday	9:00am-5:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
11/8/20	Sunday	9:00am-5:00pm	Techniques Training & Practice	Christal Rabalais, ERYT-500, C-IAYT
11/20/20	Friday	6:00pm-8:00pm	Teaching Methodology	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 For Stress Management	Muning Hu, ERYT-500, Certified Yin Inst.
DECEMBER 2020				
12/18/20	Friday	6:00pm-8:00pm	Oral Presentation	Christal Rabalais, ERYT-500, C-IAYT
12/19/20	Saturday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCYT
12/20/20	Sunday	9:00am-5:00pm	Prenatal & Children's Yoga	Angela Vasquez Taylor, RYT-500, RCYT
JANUARY 2021				
01/15/21	Friday	6:00pm-8:00pm	Teaching Off The Mat	Linda Melochick, ERYT-200, RYT-500
01/16/21	Saturday	9:00am-5:00pm	Preparing Powerful & Focused Classes	Christal Rabalais, ERYT-500, C-IAYT
01/17/21	Sunday	9:00am-5:00pm	Becoming an Inspiring Teacher	Christal Rabalais, ERYT-500, C-IAYT
01/29/21	Friday	6:00pm-8:00pm	Oral Presentation	Muning Hu, ERYT-500, Certified Yin Inst.
01/30/21	Saturday	9:00am-5:00pm	Yoga Lifestyle & Ethics	Muning Hu, ERYT-500, Certified Yin Inst.
01/31/21	Sunday	9:00am-5:00pm	Intro To Ayurveda	Muning Hu, ERYT-500, Certified Yin Inst.
FEBRUARY 2021				
02/26/21	Friday	6:00pm-8:00pm	Yoga Business & Marketing	Cortney Cunningham, Studio Owner
02/27/21	Saturday	9:00am-5:00pm	Practice Teach/ Oral Presentation	Linda Melochick/ Christal Rabalais
02/28/21	Sunday	9:00am-3:00pm	Practice Teach/ Graduation	Christal Rabalais, ERYT-500, C-IAYT



Graduation Sunday February 28th 1:30 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)