



## January 2023 YOCP-200 Schedule

Date	Time	Facilitator	Topic
*Wednesday, Jan 4	6 - 7:15pm	Nicole Marcia & Harmeet Mann	Canada:After Contact - non-Indigenous student debrief
Wednesday, Jan 11	5 – 9pm	Nicole Marcia, Harmeet Mann, & Laurel Mackay	Opening & Welcome
Friday, Jan 13	5 – 9pm	Farah Nazarali	Common Threads: Integrating the Yoga Sutras, NVC & Conflict Resolution
Saturday, Jan 14	10am – 3:30pm	Farah Nazarali	Common Threads cont...
Sunday, Jan 15	9am – 2:30pm	Yogacharini Maitreyi	Practical Approaches to Addressing Cultural Appropriation: Sanskrit Appreciation & Pronunciation for Yoga Teachers
Thursday, Jan 19	5 – 8pm	Yogacharini Maitreyi	Practical Approaches cont...
	8 - 9pm	Laurel Mackay	Asana Lab
Friday, Jan 20	5 – 9pm	Harmeet Mann	The Deeper Dimensions of Yoga
Saturday, Jan 21	10am – 3:30pm	Farah Nazarali	Common Threads cont...
<i>Optional - Monday, January 23</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple *Note this</i>



Date	Time	Facilitator	Topic
			<i>is a series and you need to sign up to attend, it's not drop in.</i>
Thursday, Jan 26	5 – 9pm	Laurel Mackay	Building Blocks of Yoga Asana & Pranayama
Friday, Jan 27	5 – 9pm	Harmeet Mann	Deeper Dimensions cont...
Saturday, Jan 28	10am – 3:30pm	Laurel Mackay	Building Blocks cont...
<b>Non-contact hours</b>	<b>7 hours</b>		
	2 hours	Peer Groups	Skill in Action
	5 hours	Independent study	Anatomy Modules 1 - 3

### February 2023 YOCP-200 Schedule

Date	Time	Facilitator	Topic
Thursday, Feb 2	5 – 7pm	Farah Nazarali	Common Threads cont...
Friday, Feb 3	5 - 9pm	Harmeet Mann	Deeper Dimensions cont...
<i>Optional - Monday, February 6th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
Thursday, Feb 9	5 – 9pm	Laurel Mackay	Building Blocks cont...
Friday, Feb 10	5 - 9pm	Helen Camisa	Yoga for Unlearning & Body



			Autonomy
Saturday, Feb 11	10am - 3:30pm	Farah Nazarali	Common Threads cont...
Sunday, Feb 12	9am - 2:30pm	Natalie Rousseau	Developing Your Sadhana
<i>Optional - Wednesday, February 15</i>	<i>5 - 9pm</i>	<i>Muneera Wallace</i>	<i>Introduction to Ayurveda *Note you need to sign up for this in advance.</i>
Thursday, Feb 16	5 – 9pm	Laurel Mackay	Building Blocks cont...
<i>Optional - Monday, February 20th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
Thursday, Feb 23	5 - 9pm	Nicole Marcia	Trauma-informed Yoga
Friday, Feb 24	5 - 9pm	Harmeet Mann	Deeper Dimensions cont...
Saturday, Feb 25	10am - 3:30pm	Helen Camisa	Yoga for Unlearning & Body Autonomy
Sunday, Feb 26	9am - 2:30pm	Nicole Marcia	Trauma-informed Yoga
<b>Non-contact hours</b>	<b>7 hours</b>		
	2 hours	Peer Groups	Skill in Action
	5 hours	Independent study	Anatomy Modules 4 - 6



## March 2023 YOCP-200 Schedule

Date	Time	Facilitator	Topic
<i>Optional - Wednesday, March 1st</i>	<i>5 - 9pm</i>	<i>Rishima Bahadoorsingh</i>	<i>Introduction to the Yoga of Sound *Note you need to sign up for this in advance.</i>
Thursday, Mar 2	5 - 9pm	Laurel Mackay	Building Blocks cont...
Friday, Mar 3	5 - 9pm	Nicole Marcia	Trauma-informed Yoga cont...
Saturday, Mar 4	10am - 3:30pm	Candice Baldwin	Yoga for Neurodivergent Folx
Sunday, Mar 5	9am - 2:30pm	Nicole Marcia	Trauma-informed Yoga cont...
<i>Optional - Monday, March 6th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
**Wednesday, Mar 8	5 - 9pm	Nicole Marcia	Practicum Prep
Thursday, Mar 9	5 - 9pm	Nicole Marcia	PRACTICUM 1: 10 minute teaching
Friday, Mar 10	5 - 9pm	Harmeet Mann	Deeper Dimensions cont...
Saturday, Mar 11	10am - 3:30pm	Jessie Nelson (Laurel Mackay to lead movement break at 12:30)	Diversity, Gender Visibility & The Power of Inclusion
Sunday, Mar 12	9am - 2:30pm	Sarah Holmes de Castro	Yoga & Chronic Pain Management
Thursday, Mar 16	5 - 7pm	Sarah Holmes de	Chronic Pain cont...



		Castro	
	7:30 - 8:30pm	Laurel Mackay	Asana Lab
Friday, Mar 17	5 - 9pm	Harmeet Mann	Deeper Dimensions cont...
<i>Optional - Monday, March 20th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
<b>Non-contact hours</b>	<b>7 hours</b>		
	2 hours	Peer Groups	Skill in Action
	5 hours	Independent study	Anatomy Modules 7 - 10

### April 2023 YOCP-200 Schedule

Date	Time	Facilitator	Topic
<i>Optional - Monday, April 3rd</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
<i>Optional - Monday, April 10th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
Thursday, Apr 13	5 - 9pm	Laurel Mackay	Practicum Prep
Friday, Apr 14	5 - 9pm	Harmeet Mann	Practicum Prep
Saturday, Apr 15	10am - 3:30pm	Harmeet Mann	Practicum Prep
Sunday, Apr 16	9am - 2:30pm	Laurel Mackay	Practicum Prep
<i>Optional - Monday, April 17th</i>	<i>6:30 - 8:30pm</i>	<i>Farah Nazarali</i>	<i>Meditation Made Simple cont...</i>
Thursday, Apr 20	5 - 9pm	Laurel Mackay	Practicum Prep
Friday, Apr 21	5 - 9pm	Laurel Mackay	Asana Lab
Saturday, Apr 22	10am - 2:30pm	Katie Connolly	Empowering Youth



Thursday, Apr 27	5 - 9pm	Laurel Mackay	Practicum Prep
Friday, Apr 28	5 - 9pm		PRACTICUM 2: 20 minute
Saturday, Apr 29	10am - 3:30pm		PRACTICUM 3: 45 minute peer group teaching
Sunday, Apr 30	9am - 2:30pm		FINAL PRACTICUM 4: 45 minutes & Closing
<b>Non-contact hours</b>	<b>7 hours</b>		
	2 hours	Peer Groups	Skill in Action
	5 hours	Independent study	Anatomy - <b>Complete any outstanding work by April 28th</b>