

Monday	Wednesday	Friday
<b>Week 1</b>		
May 3	May 5	May 7
8:45am-11:45am <b>Foundations in ETB</b>	8:45am-11:45am <b>Foundations in ETB</b>	8:45am-11:45pm <b>Foundations in ETB</b>
3:30pm-6:30pm <b>Foundations in ETB</b>	3:30pm-6:30pm <b>Foundations in ETB</b>	2pm-4pm (field trip) <b>Foundations in ETB</b>
		4:30pm-5:30pm <b>Foundations in ETB</b>

Monday	Wednesday	Friday
<b>Week 2</b>		
May 10	May 12	May 14
8:45am-11:45am <b>Yanumoja Yogatherapy Foundations</b>	8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-12:45pm <b>Yogic Body East and West</b>
3:30pm-6:30pm <b>Technique hours</b>	3:30pm-6:30pm <b>Breath and Meditation</b>	2pm-4pm (field trip) <b>Technique hours</b>
		4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Monday	Wednesday	Friday
<b>Week 3</b>		
May 17	May 19	May 21
8:45am-11:45am <b>Breath and Meditation</b>	8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-12:45pm <b>Yanumoja Yogatherapy Foundations</b>
3:30pm-6:30pm <b>Yogic Body East and West</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Yanumoja Yogatherapy Foundations</b>
		4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Monday	Wednesday	Friday
<b>Week 4</b>		
May 24	May 26	May 28
8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogic Body East and West</b>
3:30pm-6:30pm <b>Breath and Meditation</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>
		4:30pm-6:30pm <b>Technique Hours</b>

Monday	Wednesday	Friday
<b>Week 5</b>		
May 31	June 2	June 4
8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-12:45pm <b>Yogic Body East and West</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Yogatherapy Diagnostics, Therapeutics...</b>
		4:30pm-6:30pm <b>Breath and Meditation</b>

Monday	Wednesday	Friday
<b>Week 6</b>		
June 7	June 9	June 11
8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-11:45am <b>Yogic Body East and West</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Yogic Body East and West</b>
		4:30pm-6:30pm <b>Breath and Meditation</b>

Monday	Wednesday	Friday
<b>Week 7</b>		
June 14	June 16	June 18
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogic Body East and West</b>	3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	2pm-4pm (field trip) <b>Yogic Body East and West</b>
		4:30pm-6:30pm <b>Technique Hours</b>

Monday	Wednesday	Friday
<b>Week 8</b>		
June 21	June 23	June 25
8:45am-11:45am <b>Breath and Meditation</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Technique Hours</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Breath and Meditation</b>
		4:30pm-6:30pm <b>Technique Hours</b>

Week 9		
June 28	June 30	July 2
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>  4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Week 10		
July 5	July 7	July 9
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>  4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Week 11		
July 12	July 14	July 16
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>  4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Week 12		
July 19	July 21	July 23
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>  4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Week 13		
July 26	July 28	July 30
8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-12:45pm <b>Yogatherapy Diagnostics, Therapeutics...</b>
3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-6:30pm <b>Technique Hours</b>	2pm-4pm (field trip) <b>Technique Hours</b>  4:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>

Week 14		
August 2	August 4	August 6
<b>BC Day</b>	8:45am-11:45am <b>Yogatherapy Diagnostics, Therapeutics...</b>	8:45am-11:45am <b>Technique Hours</b>
	3:30pm-6:30pm <b>Yogatherapy Diagnostics, Therapeutics...</b>	3:30pm-5:30pm <b>Technique Hours</b>

Program Total		
Foundations of Eastern Therapies and Bodywork	18 hours	1.2 credits
Yanumojia Yogatherapy Foundations	9 hours	0.6 credits
The Yogic Body, East and West	45 hours	3 credits
Breath and Meditation: Theory and Techniques	18 hours	1.2 credits
Yogatherapy: Diagnostics, Therapeutics and Facilitation	120 hours	8 credits
Technique Hours	<u>60 hours</u>	<u>4 credits</u>
<b>Total</b>	<b>270 hours</b>	<b>18 credits</b>

### Teaching Faculty

#### Nikki Manzie, BSc

#### Director, Diploma of Eastern Therapies and Bodywork program

Nikki Manzie is the Director of the Diploma of Eastern Therapies and Bodywork program at Pacific Rim College. She has a Bachelor of Science with Honours in Integrated Sciences, is a Certified Yoga Teacher, an Ayurvedic Medical practitioner and educator, and is trained as a Traditional Thai Massage teacher and practitioner.

A meditation practitioner since 17 years of age, in 1998 Nikki founded Yanumojia Yoga, a practice of self-exploration through movement, breath, meditation and reflection on seasonal themes. Since then she has provided professional training for yoga teachers and, in more recent years, has expanded her teaching to include traditional Thai massage and Ayurvedic Marmatherapy (acupoints in the Indian tradition).