



RYC® Pro Training Sept. 2023 - Jan. 2024

Zoom sessions 1:30 - 3:30pm EST / 6:30 - 8:30pm UK

1-Day Intensive 10:30am - 3:30pm EST / 3:30 - 8:30pm UK

TT Orientation

September 4

Module 1 - Alignment / Gait

September 11 - module overview / manual review

September 18 - clinic session / live teaching in breakout rooms

September 25 - Q&A Louisa

Module 2 - Breathing

October 9 - module overview / manual review

October 16 - clinic session / live teaching in breakout rooms

October 23 - Q&A Louisa

Module 3 - Core

November 6 - module overview / manual review

November 13 - clinic session / live teaching in breakout rooms

November 20 - Q&A Louisa

Module 4 - Spine

December 4 - module overview / manual review

December 11 clinic session / live teaching in breakout rooms

December 18 - Q&A Louisa

Module 5 - Pelvic Floor

January 8 - module overview / manual review

January 15 - Q&A Louisa

1-Day Intensive

January 24 - NB this is a Wednesday