



BE THE CHANGE YOGA

Course #1 Syllabus

Principles of AlcheMe Yoga Therapy

October 2026 — September 2027 · 12 Months · 270 Total Hours
138 Synchronous Hours + 132 Asynchronous Hours

Month 1 — October 2026

FRIDAY	Practice Teaching: Foundations of Asana Part I October 9, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · Katie + Allison
SATURDAY	Weekend Intensive: Foundations of Asana Part II October 10, 2026 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
TUESDAY	Lifestyle Medicine October 20, 2026 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 1 / Part 1 October 21, 2026 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group Class Internship (10 min) · 2 hrs · BTC Staff
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 2 — November 2026

FRIDAY	Practice Teaching: Principles of Safe Sequencing Part I November 6, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Principles of Safe Sequencing Part II November 7, 2026 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
TUESDAY	Lifestyle Medicine November 17, 2026 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen

WEDNESDAY	Yoga Sutras: Ch. 1 / Part 2 November 18, 2026 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group Class Internship (10 min) · 2 hrs · BTC Staff
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 3 — December 2026

FRIDAY	Practice Teaching: Sequencing Through Panchamaya Model (Part I) December 4, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Sequencing Through Panchamaya Model (Part II) December 5, 2026 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
TUESDAY	Lifestyle Medicine December 15, 2026 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 1 / Part 3 December 16, 2026 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group Class Internship (10 min) · 2 hrs · BTC Staff
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 4 — January 2027

FRIDAY	Practice Teaching: Sequencing Through Pranavayu Model (Part I) January 8, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Sequencing Through Pranavayu Model (Part I) January 9, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
TUESDAY	Lifestyle Medicine January 19, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 1 / Part 4 January 20, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group Class Internship (10 min) · 2 hrs · BTC Staff

ANYTIME **Asynchronous Coursework**
11 hrs · BTC Staff

Month 5 — February 2027

FRIDAY **Practice Teaching + Integration**
February 5, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince

SATURDAY **Weekend Intensive: Principles of Pranayama (Part I)**
February 6, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Juris Zinbergs

TUESDAY **Lifestyle Medicine**
February 23, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen

WEDNESDAY **Yoga Sutras: Ch. 2 / Part 1**
February 24, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen

MONTHLY **Internship**
Group Class Internship (10 min) · 2 hrs · BTC Staff

ANYTIME **Asynchronous Coursework**
11 hrs · BTC Staff

Month 6 — March 2027

FRIDAY **Practice Teaching: Teaching Beginners (Part I)**
March 5, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince

SATURDAY **Weekend Intensive: Teaching Beginners (Part II)**
March 6, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince

TUESDAY **Lifestyle Medicine**
March 16, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen

WEDNESDAY **Yoga Sutras: Ch. 2 / Part 2**
March 17, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen

MONTHLY **Internship**
Group Class Internship (10 min) · 2 hrs · BTC Staff

ANYTIME **Asynchronous Coursework**
11 hrs · BTC Staff

Month 7 — April 2027

FRIDAY **Practice Teaching: Sequencing for Therapeutic Classes and Using Props (Part I)**
April 2, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince

SATURDAY	Weekend Intensive: Sequencing for Therapeutic Classes and Using Props (Part II) April 3, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Juris Zinbergs
TUESDAY	Lifestyle Medicine April 13, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 2 / Part 3 April 14, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group or 1:1 Internship (60 min) · BTC Student
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

**Beginning Month 7, internship shifts from supervised group class teaching at BTC to student-led group class or 1:1 client sessions (60 min) taught independently.*

Month 8 — April/May 2027

FRIDAY	Practice Teaching: Sequencing Through the Lens of the Chakras (Part I) April 30, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Principles of Meditation (Part I) May 1, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Megan McCarver
TUESDAY	Lifestyle Medicine May 11, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 2 / Part 4 May 12, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group or 1:1 Internship (60 min) · BTC Student
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 9 — June 2027

FRIDAY	Practice Teaching: Sequencing Through the Lens of the Chakras (Part II) June 4, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Principles of Restorative Yoga (Part I) June 5, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Laura Paulsell
TUESDAY	Lifestyle Medicine June 15, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen

WEDNESDAY	Yoga Sutras: Ch. 3 / Part 1 June 16, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group or 1:1 Internship (60 min) · BTC Student
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 10 — July 2027

FRIDAY	Practice Teaching, Review, & Integration July 9, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: The Psychology of Healthy Relationships (Part I) July 10, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Robert Birnberg
TUESDAY	Lifestyle Medicine July 20, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 3 / Part 2 July 21, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group or 1:1 Internship (60 min) · BTC Student
ANYTIME	Asynchronous Coursework 11 hrs · BTC Staff

Month 11 — August 2027

FRIDAY	Practice Teaching: Proprioception & Ethical Use of Touch (Part I) August 6, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Proprioception & Ethical Use of Touch (Part II) August 7, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
TUESDAY	Lifestyle Medicine August 17, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen
WEDNESDAY	Yoga Sutras: Ch. 3 / Part 3 August 18, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen
MONTHLY	Internship Group or 1:1 Internship (60 min) · BTC Student

ANYTIME

Asynchronous Coursework

11 hrs · BTC Staff

Month 12 — September 2027

TUESDAY

Lifestyle Medicine

September 14, 2027 · 12:00 PM–1:30 PM PT · 1.5 hrs · Katie Allen

WEDNESDAY

Yoga Sutras: Ch. 4

September 15, 2027 · 11:00 AM–12:00 PM PT · 1 hr · Katie Allen

FRIDAY

Practice Teaching: Final Presentations (Part I)

September 17, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince

SATURDAY

Weekend Intensive: Final Presentations (Part II)

September 18, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Allison + Katie

MONTHLY

Internship

Group or 1:1 Internship (60 min) · BTC Student

ANYTIME

Asynchronous Coursework

11 hrs · BTC Staff

Total Course #1 Hours: 270 · 138 Synchronous + 132 Asynchronous