

COURSE #1 SYLLABUS

Principles of AlcheMē Yoga Therapy.

October 2026 — September 2027 · 12 months · 270 contact hours

141 synchronous hours + 129 asynchronous hours · plus 30 non-contact hours of homework and study (300 total, per Yoga Alliance)

MONTH 1 — OCTOBER 2026

FRIDAY

Student Introductions + Foundations of Asana

October 9, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · 1 hr introductions + 2 hrs asana · Katie + Allison

SATURDAY

Weekend Intensive: Foundations of Asana, Part I

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–12:15 PM PT · 1.25 hrs · Katie Allen

MONTHLY

Internship

Group class internship (10 min) · 2 hrs · BTC staff

ANYTIME

Asynchronous coursework

11 hrs

MONTH 2 — NOVEMBER 2026

FRIDAY

Practice Teaching, Review, & Integration

November 6, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince

SATURDAY

Weekend Intensive: Principles of Safe Sequencing

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–12:15 PM PT · 1.25 hrs · Katie Allen

MONTHLY

Internship

Group class internship (10 min) · 2 hrs · BTC staff

ANYTIME

Asynchronous coursework

10.1 hrs

MONTH 3 — DECEMBER 2026

FRIDAY	Practice Teaching, Review, & Integration December 4, 2026 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Sequencing Through the Panchamaya Model 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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group class internship (10 min) · 2 hrs · BTC staff
ANYTIME	Asynchronous coursework 10.7 hrs

MONTH 4 — JANUARY 2027

FRIDAY	Practice Teaching, Review, & Integration January 8, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Sequencing Through the Pranavayu Model 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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group class internship (10 min) · 2 hrs · BTC staff
ANYTIME	Asynchronous coursework 8.2 hrs

MONTH 5 — FEBRUARY 2027

FRIDAY	Practice Teaching, Review, & 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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group class internship (10 min) · 2 hrs · BTC staff
ANYTIME	Asynchronous coursework 11.6 hrs

MONTH 6 — MARCH 2027

FRIDAY	Practice Teaching, Review, & Integration March 5, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Teaching Beginners 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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group class internship (10 min) · 2 hrs · BTC staff
ANYTIME	Asynchronous coursework 11.3 hrs

MONTH 7 — APRIL 2027

FRIDAY	Practice Teaching, Review, & Integration April 2, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Principles of Meditation Part I April 3, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Megan McCarver
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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group or 1:1 internship (60 min) · BTC student
ANYTIME	Asynchronous coursework 11.7 hrs

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, Review, & Integration April 30, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Sequencing for Therapeutic Classes and Using Props May 1, 2027 · 12:30 PM–5:30 PM PT · 5 hrs · Allison Prince
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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group or 1:1 internship (60 min) · BTC student
ANYTIME	Asynchronous coursework 9.5 hrs

MONTH 9 — JUNE 2027

FRIDAY	Practice Teaching, Review, & Integration June 4, 2027 · 4:30 PM–7:30 PM PT · 3 hrs · Allison Prince
SATURDAY	Weekend Intensive: Principles of Restorative Yoga 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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group or 1:1 internship (60 min) · BTC student
ANYTIME	Asynchronous coursework 11.9 hrs

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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group or 1:1 internship (60 min) · BTC student
ANYTIME	Asynchronous coursework 11.3 hrs

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–12:15 PM PT · 1.25 hrs · Katie Allen
MONTHLY	Internship Group or 1:1 internship (60 min) · BTC student
ANYTIME	Asynchronous coursework 11.2 hrs

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–12:15 PM PT · 1.25 hrs · 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 10.5 hrs

Total Course #1 hours: 300

270 contact hours (141 synchronous + 129 asynchronous) · 30 non-contact hours