

# YCT Opleidingskalender 2026

| Week | Vrijdag  | 200 uurs                  | 2e Jaars vrijdag              | Verdieping                |
|------|----------|---------------------------|-------------------------------|---------------------------|
|      |          | Vrijdag 09.00 - 16.00 uur | Vrijdag 09.00 - 16.00 uur     | Vrijdag 11.00 - 16.30 uur |
| 1    | 02-01-26 |                           |                               |                           |
| 2    | 09-01-26 |                           | 2.1                           |                           |
| 3    | 16-01-26 | 1.1                       |                               |                           |
| 4    | 23-01-26 |                           | 2.2                           | Yoga Anatomie             |
| 5    | 30-01-26 | 1.2                       | Digitale lesdag 2.3           |                           |
| 6    | 06-02-26 |                           | 2.4                           | Yoga Anatomie             |
| 7    | 13-02-26 | 1.3                       |                               |                           |
| 8    | 20-02-26 |                           |                               |                           |
| 9    | 27-02-26 |                           | 2.5                           | Yoga Anatomie             |
| 10   | 06-03-26 | 1.4                       |                               |                           |
| 11   | 13-03-26 |                           | 2.6                           | Yoga Anatomie             |
| 12   | 20-03-26 | 1.5                       |                               | Yin Yoga bijscholing      |
| 13   | 27-03-26 | 1.6                       | 2.7                           | Yoga nidra                |
| 14   | 03-04-26 |                           | 2.8 digitale lesdag           |                           |
| 15   | 10-04-26 |                           | 2.9                           | Yoga nidra /              |
| 16   | 17-04-26 | 1.7                       |                               |                           |
| 17   | 24-04-26 |                           |                               |                           |
| 18   | 01-05-26 |                           |                               |                           |
| 19   | 08-05-26 | 1.8                       |                               | Yin Yoga bijscholing      |
| 20   | 15-05-26 |                           | 2.10                          | Yoga nidra                |
| 21   | 22-05-26 |                           |                               |                           |
| 22   | 29-05-26 | 1.9                       | 2.11 digitale lesdag          |                           |
| 23   | 05-06-26 | 1.10                      | 2.12                          | Yin Yoga                  |
| 24   | 12-06-26 |                           |                               |                           |
| 25   | 19-06-26 | Yogaweekend               | Yoga weekend                  | Yogaweekend               |
| 26   | 26-06-26 | 1.11                      | 2.13                          | Yin Yoga                  |
| 27   | 03-07-26 |                           | 2.14                          | Yin Yoga                  |
| 28   | 10-07-26 |                           |                               |                           |
| 29   | 17-07-26 |                           |                               |                           |
| 30   | 24-07-26 |                           |                               |                           |
| 31   | 31-07-26 |                           |                               |                           |
| 32   | 07-08-26 |                           |                               |                           |
| 33   | 14-08-26 |                           |                               |                           |
| 34   | 21-08-26 | 1.12                      |                               |                           |
| 35   | 28-08-26 |                           | 2.15                          | Yin Yoga                  |
| 36   | 04-09-26 | 1.13                      |                               |                           |
| 37   | 11-09-26 |                           | 2.16                          | Adem                      |
| 38   | 18-09-26 | 1.14                      |                               |                           |
| 39   | 25-09-26 |                           | 2.17                          | Adem                      |
| 40   | 02-10-26 | 1.15                      |                               |                           |
| 41   | 09-10-26 |                           | 2.18                          | Adem                      |
| 42   | 16-10-26 | 1.16                      |                               |                           |
| 43   | 23-10-26 |                           |                               |                           |
| 44   | 30-10-26 |                           | 2.19                          |                           |
| 45   | 06-11-26 | 1.17                      |                               | Adem                      |
| 46   | 13-11-26 |                           | 2.20 Theorie / Praktijkexamen |                           |
| 47   | 20-11-26 | 1.18                      |                               |                           |
| 48   | 27-11-26 |                           | 2.21 praktijkexamen Vrijdag   |                           |
| 49   | 04-12-26 |                           |                               |                           |
| 50   | 11-12-26 |                           |                               |                           |
| 51   | 18-12-26 |                           |                               |                           |