



Iowa Yoga Certification Programs in Basic Yoga or Yoga Therapy Ames, Iowa



**200 Hour Yoga Training in Hatha, Vinyasa and Power
July 12-23, 2010**

**200 Hour Yoga as Therapy Training:
Adaptive Yoga and Meditation Training
October 18-29, 2010**

**KCFitnesslink is a 200/500 hour Yoga Alliance Registered
School and Charter School with the
International Association of Yoga Therapists**



200 Hour Yoga Teacher Training

Hatha, Vinyasa and Power Yoga

We offer comprehensive training in theory, philosophy, technique and business practices. The unique features of the program are the integration of wellness and holistic health, fitness and a non-dogmatic approach to teaching styles and types of yoga.

This program is the foundation of all advanced training. It includes basic teaching methodology and techniques to teach a safe and effective Hatha yoga, Power Yoga or Vinyasa Flow class.

The focus is on teaching yoga to apparently health groups of people.

Curriculum:

- Principles of total wellness and fitness
- Yoga history, culture and philosophy
- Yoga postures, breathing, cleansing and meditation
- Anatomy and physiology
- Teaching methodology, alignment and sequencing
- Professional considerations, safety, liability and continuing education
- Holistic nutrition
- Practical and written exam

Post Intensive Requirements:

- Teach 20 classes (15 group/5 privates)
- CPR certification
- 40 day meditation/yoga journal
- Lead one Intro to Yoga Workshop
- 5 hours of community service

Required Materials:

- Kaminoff, Leslie (2007). *Yoga Anatomy*. Human Kinetics: Champaign, IL.
- White, Ganga (2007). *Yoga Beyond Belief: Insight to Awaken and Deepen Your* North Atlantic Books: Berkeley, California.
- Selby, John (2003). *Seven Master's, One Path*. HarperCollins: USA.
- Kabat-Zinn, John (1994). *Wherever you go there you are: Mindfulness meditation...*
- (optional) DVD: Total Yoga 4 Pack by Ganga White and Tracey Rich
- (optional) DVD: Yoga Anatomy I and II BY David Keil
- (optional) Anatomy Coloring Book The (3rd Edition) by Wynn Kapit and Lawrence M. Elson

200 Hour Yoga as Therapy Training: Level I

Medical, Restoration and Adaptive Yoga

Ames, IA

October 18-29, 2010

The medical yoga therapy training blends tools of yoga with Ayurveda and western mind-body medicine to create an adaptive form of therapy that emphasizes restoration, stress, pain relief, and individual modification.

There are three levels of training Level I – *Certified in Yoga Therapy* (200 hours), Level II – *Certified in Advanced Yoga Therapy* (200 hours) or the *Certified Yoga Therapist* (1000 hours).

Level I's focus is on adaptive yoga for non-apparently healthy individuals with cancer, diabetes, heart disease and other major chronic conditions.

300 Hour Advanced Yoga Teacher Completion: For those with an existing 200 hour RYT, the level I course can be combined with KCFitnessLink's 60 hour intensive in Ayurveda (June 28-July 2 in Kansas City) and additional anatomy home study to obtain the 500 Hour RYT Yoga Alliance designation.

Curriculum:

- Current state of yoga therapy and illustrative standards of the profession
- Overview of the U.S. healthcare system: cost, quality and access
- Western and Ayurvedic health assessment
- Introduction to Ayurveda
- Healthcare research analysis, design and implementation
- Working with the healthcare system and insurance companies
- Holistic nutrition therapy
- Yoga therapy tools: breathing, chanting, visualization, meditation, postures (chair and restorative), kriya yoga, tantra and kundalini.
- Starting a medical center-based yoga therapy program
- Conducting workshops
- Practical and written exam

Required Materials: (not included with registration)

- Yoga as Therapy Training Manual (provided with registration)
- Pilarzyk, Tom (2008). *Yoga Beyond Fitness: Getting More than Exercise from an Ancient Spiritual Practice*. Quest Books: India.
- McCall, Timothy (2007). *Yoga as Medicine: The Yogic Prescription for Health and Healing*. Bantam Dell: New York
- Geshe, Michael Roach and McNally, Christie (2005). *The essential yoga sutra: Ancient wisdom for your yoga*.
- Additional recommended reading list and required supplies are provided upon registration.

	KCFitnessLink 200 Yoga as Therapy – Level I	KCFitnessLink 200 Yoga as Therapy – Level II	KCFitnessLink 1000 Hour Yoga Therapist (Meets IAYT standards)
200 Hour Teacher Training	recommended	recommended	yes
500 Hour Teacher Training	recommended	recommended	yes
Yoga as Therapy Level I	yes	Pre-requisite	yes
Yoga as Therapy Level II	CAD, PAD, diabetes, obesity, stroke, back pain, cancer, arthritis, depression	Muscular-Skeletal Injuries, MS, Parkinson's, Fibromyalgia, HIV, Insomnia, Digestive, Misc., asthma	yes
Anatomy Course	N/A	N/A	yes
Pathology Course	N/A	N/A	yes
Ayurveda Course	N/A	N/A	yes
Business and Ethics	N/A	N/A	yes
Professional Rescue CPR	yes	yes	yes
Practicum Hours	60	60	60+ 60 + Additional 80
Community Service	20	20	20+20
Workshops to Deliver	5	5	5+5+Additional 5
Certification Designation	Certified in Yoga Therapy	Certified in Advanced Yoga Therapy	Certified Yoga Therapist

Post Intensive Training Requirements for Yoga Therapy Level I:

- 60 hour practicum
- 20 hours of community service
- Delivery of five workshops
- Completion of business project
- Literature review and research project
- Scholarly article submission

About the Instructor: Darryl Olive, MBA, MHA, CSCS, E-RYT 500, LMT



Darryl has been leading teaching certification programs since 2000. He is currently the Director of KCFitnessLink, a registered yoga school in Kansas City specializing in advanced yoga teacher training programs including meditation, Thai massage and holistic health. He currently teaches yoga therapy at a local hospital, a HIV/AIDS hospice and for a teen drug and alcohol addiction recovery program. Darryl received his RYT training with the prestigious White Lotus Foundation in Santa Barbara.

Darryl is also a certified clinical exercise specialist and previously worked for a local hospital in Kansas City providing step down rehabilitation for cardiac and pulmonary rehab patients.

Application for Yoga Teacher Training Ames, IA

(PLEASE PRINT CLEARLY)

Date: _____

Date of Birth: _____

Social Security number: _____

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

Work Phone: _____

Other/mobile phone: _____

E-mail: _____

Fax: _____

Emergency contact person:

Name: _____ Relationship: _____

Home Phone: _____ Work Phone: _____

Other/mobile phone: _____

Address: _____

City/State/Zip: _____

Education (include high school, college, technical, other)

School	Dates	Program of Study	Degree/Certificate
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_____	_____	_____	_____
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_____	_____	_____	_____
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Do you have previous experience in bodywork, meditation, yoga, Pilates, coaching, wellness or other fitness and holistic health experience?

Please list your expectations and main things you would like to achieve from the program of study.

Do you have any injuries, medical conditions or other health related concerns that we should know about as it relates to any practical training components of our programs and your time away from home for residential training?

What is the purpose for taking the training (e.g. expand personal practice, to teach a group health and fitness course, continuing education, etc)

Please list your expectations and main things you would like to achieve from the teacher training.

How did you learn about our programs of study?

Payment Type

- Credit card
- Personal Check (mail)
- Cashier Check (mail)

Payment Amount

I would like to pay:

Please circle choice in table below:

	200 Hour Teacher Training in Hatha, Power and Vinyasa July 12-23, 2010	200 Hour Yoga Therapy Training October 18-29, 2010	Both 200 Hour Hatha and 200 Hour Yoga Therapy Program	300 Hour Completion Option: 200 Hour Yoga Therapy and 60 Hour Ayurveda Intensive in Kansas City, June 28-July 2
Earl Bird	\$2,500 (until June 1)	\$2,500 (until June 1)	\$3,750 (until June 1)	\$3,500 (until June 1)
General Registration	\$3,000 (June 2-June 31)	\$3,000 (June 2-June 31)	\$4,250 (June 2-June 31)	\$4,250 (June 2-June 31)
Late Registration (normal catalog price)	\$3,500 After June 31	\$3,500 After June 31	\$7,000 After June 31	\$5,000 After June 31

Policies:

- I understand the program costs are non-refundable and only transferable to other KCFitnessLink programs or services.

Please list any dietary or special needs during your stay (vegetarians, allergies, etc)

Credit Card Payments (Please Print)

Full name as appears on card: _____

Billing address: _____

Billing City, State, Zip: _____

E-mail (please print) _____

Phone number: _____

Main Card:

Credit Card type:

MasterCard Visa

Credit Card number: _____

Expiration date: _____

Card security verification number: _____

The verification number is a 3-digit number printed on the back of your card. It appears after and to the right of your card number.

- **Please review the entire KCFitnessLink catalog in its entirety before applying.**
 - www.kcfitnesslink.com/catalog or e-mail info@kcfitnesslink.com to request an e-mailed, digital copy.
- No other discounts and special incentives, work study scholarships, etc can be applied to the early bird and general registration discounts.

Please mail application/payments or fax to:

KCFITNESSLINK

510 N. 6th Street

Kansas City, KS 66101

OR

Fax: 816.817.1192

Phone: 816.256.4443

Email: info@KCFitnessLink.com