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KCFitnessLink

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**KCFitnessLink’s Yoga, Massage, Nutrition and Holistic Health Certification recognized by Kansas Board of Regents**

KCFitnessLink a private, post-secondary institution in Kansas City, Kansas is now recognized by the Kansas Board of Regents, the state approving agency for community colleges, universities and technical schools in Kansas.

KCFitnessLink offers 13 approved programs in yoga certification, massage certification, nutrition and fitness, meditation and Ayurveda, Eastern-based lifestyle coaching.

Graduates are eligible for state licensing as applicable, national membership and certification from the:

- Yoga Alliance
- International Association of Yoga Therapist (IAYT)
- The National Certification Board for Therapeutic Massage & Bodywork (NCTMB)
- American Organization for Bodywork Therapies of Asia (AOBTA)
- The National Strength and Conditioning Association (NSCA)
- The National Association of Nutrition Professionals (NANP)
- The American Association of Drugless Practitioners (AADP)

“Our programs are very different than the typical career school. Our programs focus on holistic health and integrate Eastern and Western approaches to health. Class sizes are small and the environment is very intimate. It’s great to offer these unique, big-city offerings to Kansas City, says director of programs Darryl Olive.”

The programs include:

### **Yoga Certification and Mind-Body Training**

- 40 Hour Sacred Breath Meditation
- 60 Hour Mind Body Training
- 200 Hour Certification in Hatha, Vinyasa and Power Yoga
- 200 Hour Medical Yoga Therapy
- 300 Hour Advanced Yoga Training
- 1000 Hour Yoga Therapist/Holistic Health Practitioner
- 2000 Hour Yoga Therapist/Holistic Health Practitioner

### **Nutrition, Lifestyle and Personal Trainer Certification**

- 60 Hour Ayurveda Training
- 500 Hour Holistic Nutritionist
- 650 Hour Personal Trainer Certification

### **Asian Body Therapy Training**

- 650 Hour Thai Yoga Massage
- 650 Hour Shiatsu Massage
- 1000 Hour Combined Asian Body Therapy Program

### **About the Kansas Board of Regents**

The nine-member Kansas Board of Regents is the governing board of the state's six universities and the statewide coordinating board for the state's 32 public higher education institutions (seven public universities, nineteen community colleges, and six technical colleges). In addition, the Board administers the state's student financial aid, adult education, GED, and career and technical education programs. The Board also authorizes private proprietary schools and out-of-state institutions to operate in Kansas, and administers the Kan-ed network, a statewide network that provides broadband Internet access and distance learning capabilities for schools, hospitals, and libraries. [www.kansasregents.org](http://www.kansasregents.org)

### **About KCFitnessLink**

KCFitnessLink is Kansas City's leading mind-body, yoga studio and massage school, providing consumer and corporate holistic health programs and nationally recognized educational training for fitness professionals. KCFitnessLink offers the most comprehensive yoga teacher training and holistic health certification programs in the Midwest. KCFitnessLink is a registered school with the Yoga Alliance and International Association of Yoga Therapist (IAYT). [www.kcfitnesslink.com](http://www.kcfitnesslink.com)