

200/500 Hour RYT: Announcing Online RYT Certification through Bridge Program

Get You 200/500 Hour RYT Today!

We are proud to announce a 200 Hour online certification for your 200 Hour RYT. And yes we have a similar bridge program for the 500 Hour RYT! Now, you can get your RYT all online with a few additional requirements added on to our normal program.

Program Cost:

- 200 Hour Only, \$1,500
- 300 Hour Only, \$1,500
- Combined 500 Hour program, \$4,000 (can use 200+300 hour programs or 200 hour plus 200 hour yoga therapy level I 300 hours)

Balance Yoga Certification 200 Requirements:

- Teach 80 classes (70 classes + 10 privates)
- Teach 20 meditation classes
- CPR certification
- 40 day personal meditation/yoga journal
- Lead one Intro to Yoga Workshop
- 10 hours of community service

Additional Bridge Requirements for 200 Hour Program:

- Attend 40 classes under a 200/500 hour RYT
- Give a peer review of another student's practical exam

Balance Yoga 300 Hour Requirements (Combines with 200 hour program for 500 hours):

- Instruct 200 sessions (150 group/50 privates)
- CPR certification
- 40 day meditation/yoga journal
- 10 hours of community service
- Lead 5 workshops

Additional Bridge Requirements for 300 Hour Program

- Attend 40 hours under a 500 Hour RYT
- Give a peer review of a peer's practical exam
- 10 page paper on comparative yoga philosophy

Frequently Asked Questions

1. **How do I apply?** An application is located at the end of our 2011/2012 catalog found at <http://www.kcfitnesslink.com/catalog> You can fax to 817-817-1192, email to info@kcfitnesslink.com or mail the application through the postal service.
2. **How long does it take to process applications?** It takes two to five business days.
3. **How much time do I have to complete the online study?** There are no completion deadlines. You can start and stop at anytime. A recommended learning plan is provided with the course syllabus to help provide you structure and milestones.
4. **How long will it take?** This is dependent on how much time you dedicate to the course. Each person is different. Most people can complete the course in 6-12 months.
5. **How do I locate E-RYT instructors?** E-RYT means experience registered yoga teacher with the Yoga Alliance. Visit the [directory](#) and search by city and state. You can use a 200 or 500 hour E-RYT. You must attend 40 classes under this instructor and have them sign off on your attendance with provided forms. 300 Hour Candidates must use a 500 Hour E-RYTs.
6. **What are my financing options?**
 - a. **Pay upfront:** You can pay the full price upfront.
 - b. **KCFitnessLink Financing:**
 - i. Monthly payments are auto-debited from a credit card.

Program	Total Cost	Deposit (not in addition to total cost)	12 Monthly Payments	24 Monthly payments
200 Hour Bridge	\$1,500	\$500	\$91	
300 Hour Bridge	\$1,500	\$500	\$91	
500 Hour Combined Bridge	\$4,000	\$500	\$315	\$160

- c. **Private Financing:** You can apply for private, career training loans to fund your training with independent banks or credit unions:
- i. Charter One Bank, <http://www.charterone.com/>
 - ii. Chase Bank, <http://www.chasestudentloans.com/>
 - iii. Citi, <https://www.studentloan.com/>
 - iv. Citizen Bank, <http://www.citizensbank.com/tfloan/>
 - v. SunTrust Bank, <http://www.collegiatestudentloans.com/>
 - vi. Credit Union Student Loans,
http://app.custudentloans.org/edaccess/step_1?sk=SCH-00219900
 - vii. Discover, <https://www.discover.com/student-loans/index.html>
 - viii. PNC, <http://www.pnconcampus.com/>
 - ix. Sally Mae, <https://www.salliemae.com>
 - x. Union Federal, <http://www.unionfederalstudentloans.com/>
 - xi. Wells Fargo, <https://www.wellsfargo.com/student>
7. **How do I complete the student teaching?** Does KCFitnessLink set this up for students? The student teaching can be done informally (with friends, family, co-workers) or formally at an institution (e.g. gym, community center, yoga studio, etc). There are feedback forms in the class manual the students give to one participant to fill out in each class they teach. Students in the Kansas City area are provided with a list of potential formal locations, both paid and non-paid.
8. **What is the online experience like?** The class is delivered through an online learning management system, EDU 2.0, similar to Blackboard and WebCT. Students can access the online portal through an Internet connection from any computer. Students can interact with other students and the teacher through online messages and discussion boards. Course materials, audio files, presentations and links are all located online.

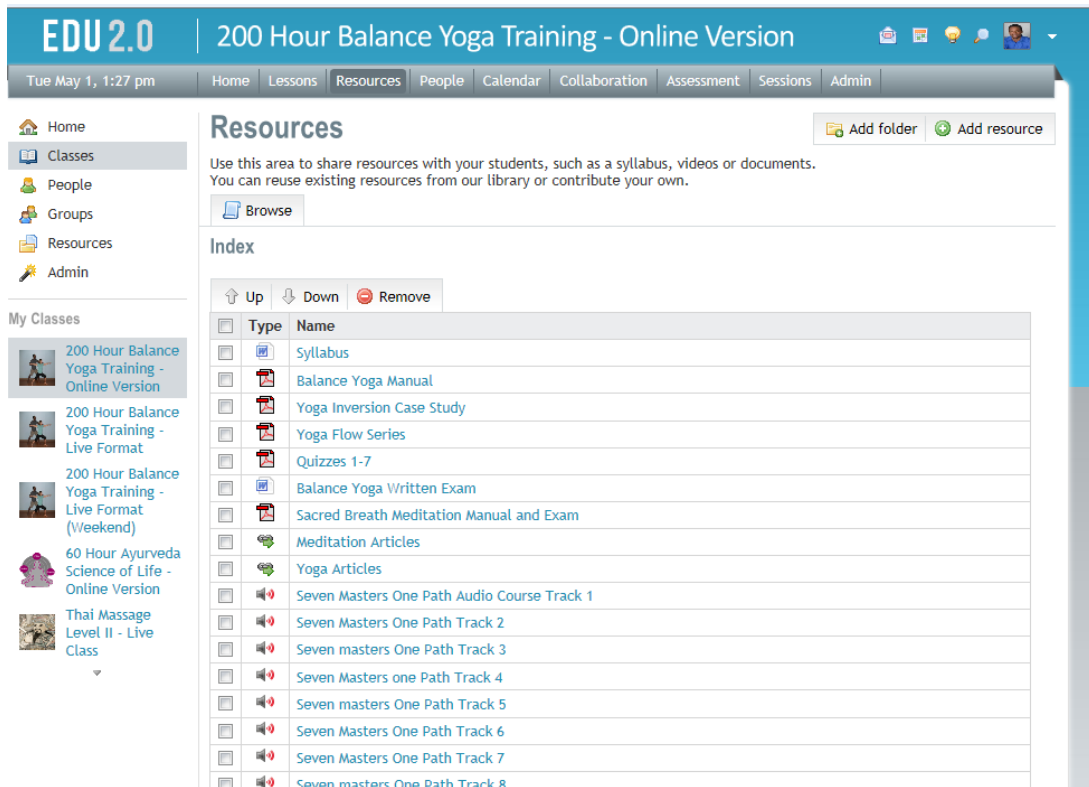


Figure 1: EDU 2.0 Student Interface

9. **What type of yoga can I teach after the training?** The program prepares students to teach Hatha (basic yoga), vinyasa, power yoga and meditation (both yoga and mindfulness).
10. **What is a peer review of a practical exam involve?** Students in the course muse upload a practical exam (a video file of the student teaching a sample yoga class) for other students in the class to evaluate. Peer evaluations are based on teaching effectiveness, adherence to yoga principles, safety, communication, knowledge and sequencing.
11. **Do we accept credits from other Yoga programs like YogaFit?** NO you must complete the entire program.
12. **What does the 200 hour curriculum include?** [Review our 200 hour curriculum outline.](#)
13. **What does the 500 hour curriculum include?** [Review our 500 hour curriculum outline.](#)