

Yoga, Nutrition, Asian Body Therapy & Holistic Health Education **2012/2013 School Catalog**



KCFITNESSLINK

510 N. 6th Street | Kansas City, KS 66101 | p. 816.256.4443
f. 816.817.1192 | info@kcfitnesslink.com | www.KCFitnessLink.com

Table of Contents

About KCFitnessLink..... 3

A Message from the Executive Director of Programs 4

Mission/Philosophy..... 5

200 Hour Balance Yoga Certification..... 11

300 Hour Advanced Balance Yoga Certification 12

200 Hour Yoga as Therapy Training: Levels I and II 13

Combined Programs in Holistic Health..... 14

Sacred Breath Meditation Training 15

650 Hour Thai Yoga Massage Therapy..... 16

650 Hour Zen Shiatsu Program..... 17

1000 Hour Asian Body Therapist (ABT) 18

500 Hour Online Holistic Nutrition Consultant..... 20

650 Hour Personal Fitness Trainer Certification 21

60 Hour Mind Body Training: Tai Chi and QiGong, Pilates..... 22

60 Hour Ayurveda: The Science of Life 23

Course Descriptions..... 26

Ongoing Workshops and Continuing Education..... 31

Ongoing Workshops and Continuing Education..... 32

Course Faculty 33

Policies 34

Application for Admission and Enrollment Agreement 42

Enrollment Agreement: 46

About KCFitnessLink

KCFitnessLink is a 1600 square feet, mind-body school located at 510 N. 6th Street, Kansas City, KS 66101.





A Message from the Executive Director of Programs

Dear colleagues:

I am honored and pleased that you are considering KCFitnessLink's programs in holistic health and fitness. We provide modern day educational programs to meet your needs for convenience, quality and affordability.

KCFitnessLink not only offers leading programs in holistic health and fitness, but also offers students the foundation for unique and rewarding careers that lead to success, abundance and enrichment.

Our programs uniquely link ancient health practices with modern day holistic health. As a student you will learn to provide programs of complete wellness, which emphasize the whole person and optimization of the body, mind and spirit.

After your education, KCFitnessLink provides crucial job placement counseling and opportunities for continuing education.

Healthcare costs continue to skyrocket, and now more than one third of Americans have tried complementary and alternative medicine. Today, Americans spend over 45 billion annually and there is a growing need for trained practitioners.

If health and helping others is your passion, then our programs will help you meet your needs. Take the leap toward a rewarding career now.

Sincerely,

Darryl Olive, MBA, MHA, CSCS, E-RYT 500, LMT
KCFitnessLink Executive Director of Programs, Owner



KCFITNESSLINK EDUCATION

Introduction

KCFitnessLink is the leading provider and holistic health and fitness programs, and now offer's the region's first fully recognized residential and home study programs in holistic health, nutrition and body therapy. Our programs can help those with current health careers as well as those interested in launching a new career. KCFitnessLink offers a rich curriculum and convenient learning through live class and home study that cultivates communication, networking and comprehensive skill acquisition.

As a KCFitnessLink student, you will be able to enjoy your education, while balancing your personal and professional life. We recognize that learning can occur outside the four walls of a classroom. Discussions, lectures, quizzes, exams, and assignments can all be viewed and completed on your own time and at your own pace. We also offer live class opportunities that close the loop and ensure quality education.

Mission/Philosophy

Our mission is to foster a community of learning, while linking together ancient and modern day health practices. We believe learning is a continuous process and recognize the need for convenient, affordable, quality and flexible programs that meet the needs of today's student.

Benefits

- **Convenience**—Our program can be completed anytime, anywhere and at your own pace. With the exception of residential program and international programs, your study is without borders.
- **Practical Training**—Unlike other home study and distance learning programs, our programs involve theoretical and practical training to give you experience to develop your career.
- **Innovation**—Our programs bridge modern day education with ancient healing arts to provide unique, innovative approaches to holistic health and fitness.
- **Wellness training**—We approach our programs with a strong emphasis on the whole person and integration of body, mind and spirit.
- **Affordability**—Compared to other regional and national schools, we offer competitively priced programs to help you start your career today. Work study scholarships and monthly payments plans make our programs affordable.
- **Strong career support**—Our students discover their passion in health, and we help them fulfill their dreams. We will assist you along the way as you build your career.
- **Flexible financing options**—We offer options to help you pay for tuition and expenses and will work with you on an individual basis.
- **Business acumen**—Our programs emphasize business and marketing skills to ensure a successful transition from classroom to professional practice.

Community Building

KCFitnessLink remains active in the local community. Our staff and students are involved in several initiatives to support to growth of holistic health in Kansas City.

- Most KCFitnesslink certification programs require students to engage in 10 hours of community service or karma projects to share the gifts of yoga, massage and holistic health.
- KCFitnessLink participates and offers free classes and workshops on several health holidays not limited to:
 - Yoga Day USA
 - Yoga Month
 - World Yoga Day
 - National Massage Therapy Awareness Week
 - May Month (National Physical Fitness and Sports Month)
- KCFitnessLink has participated in several ongoing initiatives to support local non-profits that provide community-based health education and programming:
 - Free yoga classes in the Kansas City Public Library System
 - Free yoga classes at Save Inc. Housing for those with HIV/AIDS
 - Grant-funded *Hip and Fit Program*, yoga classes and nutrition programming in Kansas City, Kansas public schools



Credentials

KCFitnessLink is a private, post-secondary school approved to operate in the State of Kansas by the Kansas Board of Regents (www.kansasregents.org). KCFitnessLink is privately accredited by the American Association of Drugless Practitioners (AADP).

By choosing KCFitnessLink as your education provider, you are selecting a school that meets leading national requirements for registration, membership and/or certification from:

- Yoga Alliance, www.yogaalliance.org
- International Association of Yoga Therapists (IAYT), www.iayt.org
- American Association of Drugless Practitioners (AADP), www.aadp.net
- American Organization for Bodywork Therapies of Asia (AOBTA), www.aobta.org
- The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), www.ncbtmb.org
- The American Massage Therapy Association (AMTA), www.amta.org

Some programs may allow graduates to achieve licensing within their city or state. KCFitnessLink does not guarantee licensure ability. Graduates should investigate licensing and certifications requirements with their county, city or state boards.

Program and Curriculum Overview

Our curriculum is designed to meet the needs of a variety of students interested in holistic health and fitness careers. We offer certification programs and elective study in:

		Clock Hours
Yoga	• 200 Hour Balance Yoga Certification	263
	• 300 Hour Advanced Balance Yoga Certification	393
	• 200 Hour Yoga as Therapy Certification	250
	• 1500 Hour Yoga Therapist Certification	1544
Nutrition	• 500 Holistic Nutrition Certification	550
Personal Training	• 650 Hour Personal Fitness Trainer	658
Asian Body Therapy	• 650 Hour Thai Yoga Massage Therapist	650
	• 650 Hour Shiatsu Therapist	650
	• 1000 Hour Asian Body Therapist	1098
Ayurveda	• 60 Hour Ayurveda: The Science of Life Training	60
Tai Chi and QiGong Meditation	• 60 Hour Mind Body Training	60
	• 40 Hour Sacred Breath Meditation Training	40
Holistic Health & Energy Healing	• 1500/2000 Hour Holistic Health Practitioner	1544/2300
	• 60 Hour Intro to Energy Healing	60
Basic Sciences	• 60 Hour Anatomy I, II, Pathology 1	60

2012/2013 Residential Training Schedule

200 Hour Teacher Training

Dates: M-F, 8:00-5:00 p.m.

- Jan.7-Jan. 18, 2013
- April 8-19, 2013
- June 10-21, 2013
- September 9-20, 2013 (by donation session)
- **Weekend option:** Saturdays, 3:30-7:30 p.m. p.m.
 - March 9, 2013-June 8, 2013 or
 - September 7-November 16, 2013

300 Hour Advanced Yoga Training

Dates: M-F, 8:00-5:00 p.m.

- August 5-16, 2013 (by donation session)
- **Weekend option:** Saturdays, 3:30-7:30 p.m. p.m., Sundays 11:00-3:00 p.m.
 - December 29, 2012-March 3, 2013

200 Hour Yoga as Therapy Program

Dates: M-F, 8:00-5:00 p.m.

- March 4-15, 2013 (Level I)
- September 30-October 11, 2013 (Level I by donation session)
- November 4-15, 2013 (Level II)

180 Hour Thai Massage Yoga Therapy

Dates: M-F, 8:00-5:00 p.m.

Cohort Option I

Level I: October 22-26, 2012

Level II: October 29-Nov. 2, 2012

Level III: November 26-November 30, 2012

Cohort Option II

- Level I: March 18-22, 2013

- Level II: March 25-March 29, 2013

- Level III: April 1-5, 2013

Cohort Option III

Level I: October 21-25, 2013

Level II: October 28-November 1, 2013

Level III: November 18-22, 2013

180 Hour Zen Shiatsu Therapy-TBD

Dates: Tuesdays and Thursdays, 5:30-9:30 p.m.

Level I: TBD

Level II: TBD

Level III: TBD

120 Hour Traditional Chinese Medicine-
TBD Dates: Tuesdays and Thursdays, 5:30-
9:30 p.m. Level I: TBD
Level II: TBD

60 Hour Anatomy I –Anatomy in Clay
Dates: M-F, 8:00-5:00 p.m.
Module: April 22-26, 2013

60 Hour Anatomy II **Dates:** M-F, 8:00-5:00 p.m.
Module: April 29-May 3, 2013

60 Hour Pathology –Online class only

60 Hour Ayurveda: The Science of Life
Dates: M-F, 8:00-5:00 p.m.
Module: June 24-28, 2013

200 Hour Personal Trainer Institute
Dates: M-F, 8:00-5:00 p.m.
Module: July 1-12, 2013

60 Hour Intro to Western Massage
Dates: M-F, 8:00-5:00 p.m.
Module: October 14-18, 2013

60 Hour National Exam Review – Online Class Only

20 Hour Sacred Breath Meditation Training I and II - Online Class Only

60 hour Business – Online Class Only

60 Hour Mind—Body training –Online Class Only

60 Hour Nutrition 1, II, III – Online Classes Only

60 Hour Introduction to Energy Healing – Online Class Only

Online Classes and Learning

We recognize the need for convenience and affordability and therefore, we offer our certifications programs and single classes with options for online study. Technology is moving education in so many exciting directions and we would like to make KCFitnessLink a part of this trend.

KCFitnessLink uses EDU 2.0 online classroom, a learning management system that students and teachers use to interact completely in an online environment.

Course syllabi, lesson plans, resources quizzes, tests, audio-video files, news, forums, message boards and grades are found in one convenient location. Many students and teachers alike nationally praise the ease of use and generous resources available to students in comparison to other online learning management systems or online classrooms.

Even live classes at KCFitnessLink may utilize the EDU 2.0 online classroom to provide a hybrid live class, online environment to enhance learning and facilitate student/teacher interaction.

Students and teachers can log into the online classroom at: <http://kcfitnesslink.edu20.org>. Upon registration students are given logins and passwords to access the site.

KCFitnessLink Online Classroom

Welcome

News

Welcome! This is our school's online education portal where teachers and students log in for access to our learning management system. The site makes it easy for teachers to create classes and for students to enroll in them. It allows students and teachers to interact more efficiently with the use of technology. The end result is that teaching becomes more efficient and enjoyable.

Teachers use this site to create online lessons with resources such as pictures, video and audio. They also set, track and grade assignments online. The system includes the latest collaborative tools such as blogs, wikis, forums, chat rooms, RSS feeds and debates.

Support Help Contact Training Tools

Figure 1: EDU 2.0 Online Classroom Portal

200 Hour Balance Yoga Certification

Foundational Yoga and Holistic Health Program, Yoga Alliance Program

KCFitnessLink's Balance Yoga programs are designed to provide training that bridges the gap between ancient wisdom and modern day science. 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.



Courses:

- 200 Hour Yoga Module A and B Intensives
- 20 Hour Sacred Breath Meditation Training I
- 8 Hour CPR

Curriculum:

- Principles of total wellness and fitness
- Yoga history, culture and philosophy
- Yoga postures, breathing, cleansing and meditation techniques
- Anatomy and physiology
- Teaching methodology, alignment and sequencing
- Professional considerations, safety, liability and continuing education
- Holistic nutrition
- Field experiences teaching kids, hospice and nursing home residents
- Practical and written exam

Post Module A & B Training Requirements:

- Teach 40 yoga classes (30 group/10 privates, local residents complete at KCFitnessLink), non-local residents complete 80 hours (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

300 Hour Advanced Balance Yoga Certification

Yoga for Individuals, Sports, Pre- and Post-Natal, Elderly and Children

This program builds on the 200 hour program by adding advanced teaching methodology and techniques. The primary focus is on advanced yoga philosophy through study of the Bhagavad Gita, the Upanishads and the Hatha Yoga Pradipika. The secondary emphasis is on populations such as children, pre-natal, seniors and sports populations.

The focus is on teaching yoga to groups and individuals who are apparently healthy. This program combines with our 200 hour program for a 500 hour advanced yoga certification

Courses:

- 300 Hour Yoga Module A and B Intensives
- 20 Hour Sacred Breath Meditation Training II
- 60 Hour Anatomy I
- 8 Hour CPR

Curriculum:

- Functional anatomy and biomechanics
- Advanced teaching methodology and techniques
- In depth yoga training for special populations:
 - Prenatal, children, seniors and sports
- Detailed history and philosophy of yoga
- Introduction to Ayurveda, Thai Yoga Massage and Energy Healing
- Writing and presenting workshops
- Introduction to yoga therapy
- Health assessments and evaluation
- Field experience teaching kids and nursing home residents

Post Module A & B Training Requirements:

- Local residents instruct 150 sessions (110 group /40 privates) at KCFitnessLink, non-local residents instruct 200 sessions (150 group/50 privates)
- CPR certification
- 40 day meditation/yoga journal
- 10 hours of community service
- Lead 5 workshops



200 Hour Yoga as Therapy Training: Levels I and II

Therapy, Restoration and Adaptive Yoga

The yoga for therapy program is appropriate for those who have completed 200 hours of yoga training and/or currently licensed health providers not limited to nurses, bodyworkers, athletic trainers, chiropractors, psychologists and doctors of natural health.

It blends Ayurveda principles with yoga to create an adaptive form of therapy that emphasizes restoration, stress, pain relief, and individual modification.

The focus is on adaptive yoga for non-apparently healthy individuals with cancer, diabetes, heart disease and other major chronic conditions. This program emphasizes chair yoga, restorative yoga and meditation.

Courses:

- 200 Hour Yoga as Therapy Intensive
- 8 Hour CPR (professional rescue if available)

500 Hour Completion Options:

- 200 Hour Yoga as Therapy Intensive Level I
- 200 Hour Yoga as Therapy Intensive Level II
- **or**
- 200 Hour Yoga Basic Training
- 200 Hour Yoga as Therapy Intensive Level I
- **or**
- 200 Hour Yoga as Therapy Intensive Level I
- 300 Hour Advanced Yoga Training

Curriculum: This course has two levels. Each level is 200 hours (250 clock hours). Level I focuses on CAD, PAD, diabetes, obesity, stroke, back pain, cancer, arthritis, depression. Level II focuses on Muscular-Skeletal Injuries, MS, Parkinson's, Fibromyalgia, HIV, Insomnia, Digestive, Misc., asthma. This program covers client assessment and documentation, yoga therapy research and trends and group and private therapy formats.

Upon completion, local students may complete a practicum with the following organizations: Saint Luke's Hospital, Save Inc HIV/AIDS Hospice and ADAPT Teen Drug and Alcohol Rehabilitation Program or any other approved preceptor.



Post Training Requirements Level I and II:

- Instruct 20 private/group sessions
- 40 hour Practicum
- CPR certification
- 40 day meditation/yoga journal
- 10 hours of community service
- Lead 5 workshops
- Literature Review and research critique
- Research article submission
- Business Project
- Food Journal Analysis

Combined Programs in Holistic Health

1500 Hour Yoga Therapist

This program is designed for students interested in establishing a complete yoga therapy and wellness consulting practice. Students receive dual certification in yoga therapy and holistic health from the American Association of Drugless Practitioners. It is a culmination of several programs:

- 200 Hour Basic Yoga training
- 300 Hour Advanced Yoga Training
- 200 Hour Yoga as Therapy Training Levels I&2
- 60 Hour Anatomy I
- 60 Hour Pathology I
- 60 Hour Ayurveda: The Science of Life Intensive
- 80 Hour Clinical Practicum
- 60 Hour Business and Ethics
- 8 Hour CPR



2000 Hour Mind-Body and Holistic Health Practitioner

This program is the highest designation for Balance Yoga training programs. It includes Asian body therapy, nutrition, yoga, personal training, traditional medicine and related practicum. It is a culmination of several programs:

- 200 Hour Basic Yoga Training
- 300 Hour Advanced Yoga Training
- 200 Hour Personal Trainer Institute
- 200 Hour Yoga as Therapy Training Level I
- 120 Hour Anatomy I and II
- 60 Hour Pathology I
- 120 Hour Holistic Nutrition 1 and 2
- 60 Hour Ayurveda: The Science of Life Intensive
- 80 Hour Practicum (Student Clinic in Massage)
- 80 Hour Practicum (Yoga Therapy)
- 60 Hour Business and Ethics
- 180 Hour Thai Massage or Shiatsu
- 120 Hour Traditional Chinese Medicine Theory I and II
- 60 Hour Intro to Western Massage
- 60 Hour Lifestyle Coaching
- 60 hour Mind Body Training
- 40 Hour National Exam Review



Sacred Breath Meditation Training

Sacred Breath Meditation Training combines theory, practice and current research on meditation, breathing and relaxation techniques. While there are many forms of meditation, this style is based on the ancient philosophy of yoga and mindfulness. It uses techniques including breathing, mantra (sound) and mindfulness to help you understand your experience and the state of meditation directly.

Courses:

- 20 Hour Sacred Breath Meditation I Training
- 20 Hour Sacred Breath Meditation II Training



Curriculum:

- What is meditation and yoga
- Releasing pain, suffering and obstacles to meditation
- The eight limbs of yoga
- The levels of meditation or self-realization
- Breathing and relaxation techniques
- Sample meditation curriculum and classes
- Current research

Post 20 Hour Training Requirements:

- Instruct 20 meditation classes
- Creation of meditation self-recording

650 Hour Thai Yoga Massage Therapy

Thai bodywork was brought to Thailand over 2000 years ago by Ayurvedic doctors and Buddhist monks. It combines acupressure, reflexology and applied yoga poses.

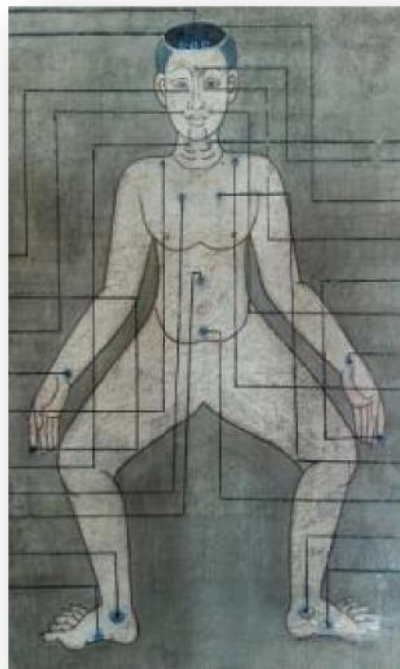
Thai bodywork focuses on pressure points situated among ten energy lines across the body. It creates a powerful release of stress and tension, an increase in vitality and well-being and it deepens the connection between mind, body and spirit in both the giver and receiver. Graduates from the program are eligible for licensing, as well as taking the national exam in massage and bodywork.

Courses:

- 120 Hour Anatomy I and II
- 60 Hour Pathology
- 180 Hour Thai Massage I, II and III
- 60 Hour Business and Ethics
- 60 Hour Ayurveda
- 60 Hour Intro to Western Massage
- 40 Hour National Exam Review
- 80 Hour Practicum (Student Clinic begins after Level II Thai Massage)
- 8 Hour CPR
- 10 hours of community service

Curriculum:

- **Level I: Basic Training (60 hours):** At the end of the course, a student can perform a complete 60-90 minute Thai massage routine, including supine, prone, side lying, and seated positions. A basic certificate of completion is issued.
- **Level II: Advanced Training (120 hours):** This training includes additional hands on training, theory, advanced therapeutic practice and principles of Ayurveda, marma therapy and face massage. An advanced certificate of completion is issued and students will be prepared to perform a full 180- minute session.
- **Level III: Practitioner (180 hours):** This training includes the use of Thai herbal therapy, hands-free training, table modifications and clinical applications.



650 Hour Zen Shiatsu Program

Zen Shiatsu is a Japanese Healing Art form based on the therapeutic principles of Traditional Chinese Medicine (TCM), the graceful movements of Tai Chi and Qi Gong, and the mindfulness aspect of Zen. This holistic approach to therapy embraces all aspects of the human being as interrelated in body, mind and spirit. The focus is on the free flow of vital energy (Ki) through the acupuncture channels (meridians) of the body. The Zen Shiatsu student is trained to balance the Ki of the body through the therapeutic application of pressure and stretches. Zen Shiatsu has a profound effect on the energy, flexibility, mental clarity and overall sense of well-being of both giver and receiver.



Courses:

- 120 Hour Anatomy I and II
- 60 Hour Pathology
- 180 Hour Shiatsu I, II and III
- 120 Hour Traditional Chinese Medicine Theory I and II
- 60 Hour Business and Ethics
- 80 Hour Practicum (Student Clinic begins after completions of Level II Shiatsu)
- 60 Hour Intro to Western Massage
- 40 Hour National Exam Review
- 8 Hour CPR
- 10 hours of community service

Curriculum:

- **Level I: Basic Training (60 hours):** The focus of this class is to create awareness of Ki (Qi/Chi) and Hara and to learn body mechanics for Shiatsu Practitioners. Students will learn the history of Zen Shiatsu and gain in-depth understanding of Masunaga theory and the meditative aspect of Zen practice.
- **Level II: Advanced Training (120 hours):** Students will further their training in Zen Shiatsu by learning additional key aspects utilized in treatment and assessment; Masunaga meridian extensions for Shiatsu practitioners, Hara and Back Diagnosis, and the application of the Four Examinations.
- **Level III: Practitioner (180 hours):** This level explores the pathology of acute and chronic disease patterns in relation to TCM energetic imbalances. It includes a detailed survey of Masunaga meridian locations and treatment protocols in specific regions of the body. In this class students will refine their sensitivity to Ki with etheric field sensing, diagnosis, and treatment for situations when the client's condition precludes touch

1000 Hour Asian Body Therapist (ABT)

Asian Bodywork encompasses traditional healing techniques from Thailand, China, India, and Indonesia Japan. These techniques focus on the balance of energy in the body through the use of pressure points, passive stretching, reflexology, and relaxation techniques.

The therapy focuses on opening energy pathways in the body such as the Chinese meridians, the Indian nadis and Thai sen lines. The body is viewed as being comprised of subtle energy centers, that when blocked or restricted, the person experiences mal health and disharmony in the body, mind and spirit.

While Asian body therapy may contain some elements of traditional Western massage, they are not one in the same and the intent is different. The Department of Education has a totally separate definition of ABT from massage. ABT practices such as Thai Yoga and shiatsu are not included in the definition of massage, and massage is not in any part of the definition of ABT.

Recognized forms of Asian Body Therapy defined by the Department of Education include: acupressure, AMMA® Therapy, Five Element/Japanese Shiatsu, Jin Shin Do® Anma Therapy, Thai massage, Tui Na, Qigong and Okazaki®.

Courses:

- 120 Hour Anatomy I and II
- 60 Hour Pathology
- 120 Hour Traditional Chinese Medicine Theory I and II
- 180 Hour Thai Yoga Massage Therapy I, II and III
- 180 Hour Zen Shiatsu I, II and III
- 60 Hour Ayurveda: The Science of Life
- 60 Hour Business and Ethics
- 60 Hour Intro to Energy Healing
- 60 hour Mind Body Training
- 60 Hour Intro to Western Massage
- 40 Hour National Exam Review
- 80 Hour Practicum
- 8 hour CPR
- 10 hours of community service

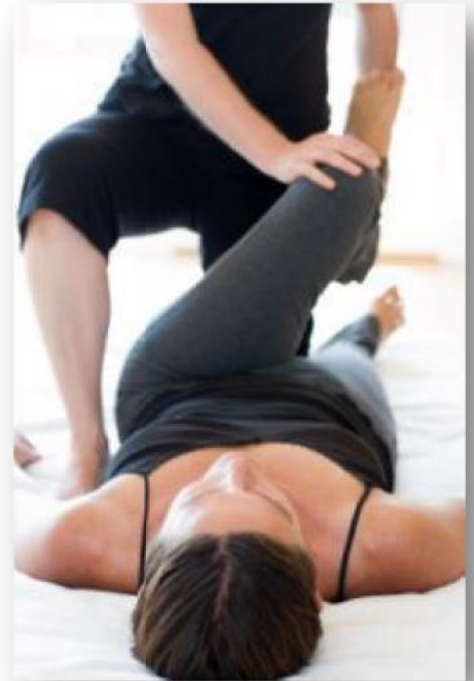


Table 1: Differences between Massage and Asian Body Therapy (ABT)

	Western Massage	Asian Body Therapy (ABT)
Intent	Has an anatomical focus with the intention of relieving local muscular tension or toxin removal	Focuses on subtle energy centers and pressure points to restore health and balance in the body
Technique	Focuses on Western massage “rubbing” techniques like petrissage and effleurage	Uses hands on and hands off therapy, breathing, and relaxation techniques
Equipment, Supplies and Clothing	Is performed on a massage table using oils and lotions requiring a client to partially or fully disrobe	Is performed with the client fully clothed on floor cushion or modified on a massage table or in a massage chair.
Therapy Roots	Uses Western medical theory as foundation of therapy	Uses whole medical systems that involve complete systems of theory and practice that have evolved independently from or parallel to allopathic (conventional) medicine
Assessment Techniques	Assessment is usually based on observation, listening, asking and touching with limited regard to emotional, mental and spiritual considerations.	Methods of assessment may include observation, listening, asking and touching in relationship to the element theories of whole or traditional medical systems
Training	Practitioners are trained mostly at 500 hours in Western massage techniques with little emphasis on ABT	Practitioners are trained fully in ABT at 500 hours or above with full training in traditional medical systems like Chinese medicine, energy channels, evaluation, pathology, Western anatomy, technique and practicum
Certification/ Licensing	Graduates from massage schools can become nationally certified upon passing the exam through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Practitioners may be licensed at the city, county or state level. Some practitioners may be eligible for massage licensing by their taking the MBLEx, an exam created by the Federation of State Massage Therapy Boards..	Graduates of the ABT programs may be eligible to become certified Asian Bodywork Therapists (ABT) by the American Organization for Bodywork Therapies of Asia (AOBTA®). Graduates also qualify to take the Asian Bodywork Therapy exam given by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Those that pass the NCCAOM exam are certified as Diplomat of Asian Bodywork Therapy (Dipl. ABT). Some practitioners may be eligible for massage licensing by their taking the MBLEx, an exam created by the Federation of State Massage Therapy Boards.

500 Hour Online Holistic Nutrition Consultant

What we eat has a tremendous impact on our health and well-being. Private health spending for obesity now soars above \$36.5 billion annually. Thirty-two percent of U.S. adults are obese and nearly 20 percent of children. These increasing rates raise concern because of their implications for Americans' health.



Our program prepares individuals to practice holistic health and nutrition for a variety of populations. There is a great need for people who desperately need and want help with their food choices.

Graduates from the program may be eligible for National certification by the National Association of Nutrition Professionals (NANP) and the Holistic Health Practitioner Certification from the American Association of Drugless Practitioners (AADP). This program emphasizes helping people make healthy lifestyle choices in nutrition and other areas of wellness.

Courses:

- 120 Hour Holistic Nutrition 1 and 2
- 120 Hour Anatomy I and II
- 60 Hour Pathology
- 60 Hour Ayurveda: The Science of Life
- 60 Hour Business and Ethics
- 60 Hour Holistic Nutrition 3: Clinical, Community and Sports Nutrition
- 60 Hour Lifestyle Coaching
- 10 hours of community service

Curriculum:

The program is a 500-hour course of study involving study in nutrition basics, dietary based counseling and prevention for dietary-based medical conditions.

- Anatomy and physiology
- Macro and micronutrients
- Nutrition in relationship to the 11 body systems
- Nutrition disorders
- Popular diets reviewed, nutrition assessment and planning
- Herbs and supplementation
- Survey of current research and trends

650 Hour Personal Fitness Trainer Certification

The course prepares individuals to provide personal fitness programs for apparently healthy individuals. The course is designed to give students the theoretical and practical experience needed for a successful career foundation within the fitness industry.

The course materials are directly based on the National Strength and Condition Association (NSCA) standards and guidelines. The NSCA-CPT became the first personal training credential to be nationally accredited by the National Commission for Certifying Agencies (NCCA) in 1996 and has continued to set the standard for personal training as the most well-respected personal trainer certification through national and international recognition.



Courses:

- 120 Hour Anatomy I and II
- 120 Hour Nutrition I and II
- 200 Hour Personal Trainer Institute
- 60 Hour Business and Ethics
- 60 Hour Lifestyle Coaching
- 80 Hour Practicum
- 8 Hour CPR
- 10 hours of community service

Curriculum:

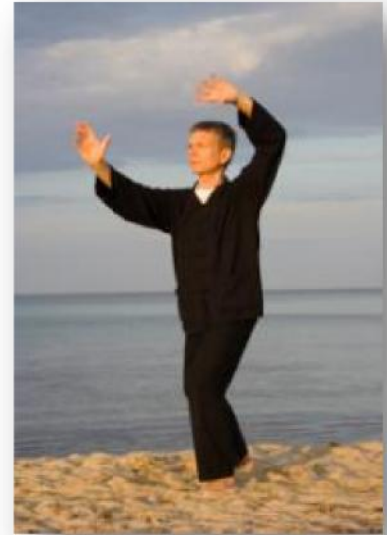
- Muscular and functional anatomy of movement
- Consultation, evaluation and exercise prescription
- Exercise Technique
- Wellness coaching and lifestyle modification
- Starting and running a personal training business
- 80 hour field experience with mentor trainer

60 Hour Mind Body Training: Tai Chi and QiGong, Pilates

Tai chi is a mind-body practice that originated in China as a martial art. A person doing tai chi moves his body slowly and gently, while breathing deeply and meditating (tai chi is sometimes called “moving meditation”). Many practitioners believe that tai chi helps the flow throughout the body of a proposed vital energy called QI. In Traditional Chinese Medicine, the vital energy or life force proposed to regulate a person’s spiritual, emotional, mental, and physical health and to be influenced by the opposing forces of yin and yang. (pronounced “chee,” it means “air” or “power”).

In the United States, Tai Chi for health purposes is part of complementary and alternative medicine, or CAM.

Our training program is based on S.M.A.R.T. Tai Chi and Qigong program developed by from one of the world’s leading experts, and a #1 best selling author on the subject, Bill Douglas. Bill Douglas is a native of Kansas City and founder of World Tai Chi and Qigong Day. This course also examines mat Pilates.



Courses:

- 60 Hour Mind Body Training: Tai Chi and QiGong
- Post intensive completion: Lead 20 mind-body sessions in Pilates of Tai Chi
- 10 Hours of community service
- 8 hours of CPR

Curriculum:

- Tai Chi roots and history
- Tai Chi and Traditional Chinese Medicine
- Research, trends and benefits
- Diabetes, arthritis and back pain
- Short and long forms
- Teaching methodology
- Relaxation techniques and meditation

60 Hour Ayurveda: The Science of Life

Ayurveda, which literally means “the science of life,” is a whole medical system developed in India and sister science to yoga.

It is a comprehensive system of holistic health that places equal emphasis on the body, mind, and spirit, and strives to restore the innate harmony of the individual.

Some of the primary Ayurvedic tools include diet, exercise, meditation, herbs, massage, exposure to sunlight, and controlled breathing. In India, Ayurvedic treatments have been developed for various diseases (e.g., diabetes, cardiovascular conditions, and neurological disorders).

This course, like traditional treatments, emphasizes simple, low-cost diet and lifestyle modifications that can be used as preventive health.

Courses:

- 60 Hour Ayurveda: The Science of Life
- Post intensive completion: 20 Ayurvedic assessments
- 10 hours of community service

Curriculum:

- History and philosophy
- Basic principles
- Diagnostic and assessment techniques
- Lifestyle applications of diet and yoga therapy
- Five element theory



60 Hour Anatomy I and II: Systemic and Functional Anatomy

These classes serve as a foundation for all holistic health and fitness programs. These courses cover anatomic parts, major systems of the body and physiological functions of the body from an integrated perspective. The second class explores functional anatomy and movement, especially important for movement therapists such as yoga teachers, fitness trainers and massage therapists.

- **Live Class Option: Anatomy in Clay**

Many students struggle with anatomy and we have just the answer—Anatomy in Clay. The Anatomy in Clay (AIC) system was developed by Jon Zahourek in 1989 with the goal of making anatomy fun and incorporating it into peoples' lives from elementary school to old age. Jon is happy to say that the human skeleton model, the Maniken®, has found its way into more than 4,000 schools nationwide. This class uses clay to build anatomical systems including muscles on skeletons, as well as emphasizing palpating the muscles' origins and insertions. This approach allows participants to see the body three dimensionally and then feel them in their bodies. No more boring lectures! This class is great for visual and hands-on learners!



- **Online Class: Mastering Anatomy and Physiology**

Used by over a million science students, the Mastering platform is the most effective and widely used online tutorial, homework, and assessment system for the sciences.

Perform better on exams with MasteringA&P. As an instructor-assigned homework system, MasteringA&P is designed to provide students with a variety of assessment to help you understand key topics and concepts. You can also explore MasteringA&P's Study Area which includes animations, the eText, and other study aids for targeted and efficient use of your valuable study time.

Also available is Practice Anatomy Lab™ 2.0, an indispensable virtual anatomy study and practice tool that gives you 24/7 access to the most widely used lab specimens including human cadaver, anatomical models, histology, cat, and fetal pig (includes multiple choice quizzes and fill-in-the-blank lab practical exams).



60 Hour Introduction to Energy Healing:

Explore Usui and Tibetan Reiki & Other Energy Healing Techniques

*The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not be angry
Do not worry and be filled with gratitude
Devote yourself to your work and be kind to people
Every morning and evening join your hands in prayer,
Pray these words to your heart,
And chants these words to your mouth
Usui Reiki treatment for the improvement of body and
mind*

-Usui Mikao



This course explores Reiki and general energy healing therapies used to clear the body of mal-health physically, mentally and spiritually. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It's administered by laying on hands and can be easily learned by anyone. This course includes training to be a Usui and Tibetan Reiki Master and certified Energy Healing Practitioner.

Coursework:

- Reiki Master Distance Attunement
- 20 Hours of documented energy healing sessions

Curriculum:

- Eastern elemental theory
- Background on healing touch and therapeutic touch
- Chakras, prana and Qi energy theory
- Relieving pain and energy blockages
- Clearing energy fields and auras
- The role of touch in healing and palliative care
- Meditation and visualization techniques
- Harnessing intent and using positive affirmations
- Research on Reiki and Healing Energy
- Integrating Reiki and energy healing into massage therapy and yoga therapy

COURSE DESCRIPTIONS

Anatomy and Physiology I and II: This class serves as a foundation for all holistic health and fitness programs. The course covers anatomic parts, major systems of the body and physiological functions of the body from an integrated perspective. **120 total hours (120 clock hours).**

Required Materials:

- Biel, Andrew (2005). Trail Guide to the Body: How to Locate Muscles, Bones and More 3rd Edition. Books of Discovery: Colorado.
- Biel, Andrew (2005). Trail Guide to the Body: How to Locate Muscles, Bones and More Student Handbook. Books of Discovery: Colorado.

Ayurveda: The Science of Life: This class explores the classical Indian medicine system, examining basic principles and practices of Ayurveda. It includes philosophy, theory, and assessment, pressure point therapy and management. **60 total hours (40 clock hours).**

Required Materials:

- Lad, Vasant (2001). Textbook of Ayurveda: Fundamental Principles, Volume One. The Ayurvedic Press.
- **Lad, Vasant (2007).** The Textbook of Ayurveda: A Complete Guide to Clinical Assessment, Volume Two. The Ayurvedic Press.
- Yarema, Thomas et al (2006). Eat. Taste. Heal. Five Element Press: Canada.
- Lad, Vasant (2008). Marma Points of Ayurveda: The Energy Pathways for Healing body, Mind and Consciousness with a Comparison to Traditional Chinese Medicine

Balance Yoga 200 Hour Intensive: This class is the foundation for all higher yoga training. It includes history, philosophy, culture, and breathing, postures, meditation and teaching methodology. **263 total hours (125 clock hours).**

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

COURSE DESCRIPTIONS

Balance Yoga 300 Hour Advanced Intensive: This course examines instructing and creating individualized yoga programs and surveys yoga therapy. It includes instruction for apparently health children, athletes, elderly and pre-natal women. **393 total hours (185 clock hours).**

Required Materials:

- Roach, Geshe Michael and Christie McNally (2005). The Essential Yoga Sutra: Ancient Wisdom for Yoga. Doubleday: USA.
- Stone, Michael (2008). The Inner Tradition of Yoga: A guide to yoga philosophy for the contemporary practitioner. Shambhala Publications: Boston.
- Cope, Stephen (2000). Yoga and the Quest for the True Self.
- Key Muscles of Hatha Yoga, Volume I and II, by Ray Long and Chris Macivor
- Trail Guide To the Body Textbook and Student Workbook
- Upanishads Breath of the Eternal (2002) by Swami Prabhavanada and Frederick Manchester
- Bhagavad Gita (2007) by Eknath Easwaran.

Business and Ethics: This course examines business ethics, establishing a private practice and legal/marketing considerations of practice. **60 total hours (60 clock hours).**

Required Materials:

- Thompson, Diana L (2005). Hands Heal Communication, Documentation, and Insurance Billing for Manual Therapists 3rd edition.
- The New Rules of Marketing and PR: How to Use News Releases, Blogs, Podcasting, Viral Marketing and Online Media to Reach Buyers Directly

Cardiopulmonary Resuscitation (CPR) and First Aid: This class teaches students how to respond to emergencies in the community and workplace. It covers CPR and AED, as well as first aid as presented by the American Safety and Health Institute, using a combination of online study and live skills review. **Eight total hours (4 clock hours).**

Clinical, Community and Sports Nutrition: Students will be able to evaluate nutrition programs for athletes and those with chronic conditions, with an emphasis on sports nutrition. **60 total hours (40 clock hours).**

Required Materials:

- Clark, Nancy (2008). Nancy Clark's Sports Nutrition Guidebook 4th edition. Human Kinetics: USA.
- Balch, Phyllis (2002). Prescription for Herbal Healing: An Easy-to-Use A-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies. Avery: USA.

COURSE DESCRIPTIONS

Holistic Nutrition I and II: Learn the foundation of sound nutrition, including macro and micro nutrients, supplementation, and how to prevent inflammation and disease. **120 total hours (80 clock hours).** Required Materials:

- Balch, Phyllis (2006). Prescription for Nutritional Healing 4th Edition. Avery: USA.
- KCFitnessLink Manual
- Whitney, Ellie and Rolfes, Sahron Rady (2013). Understanding Nutrition. Cengage Learning: USA.

Introduction to Energy Healing: This class will explore modern day healing energy techniques to relive pain and stress. **60 total hours (40 clock hours).** Required Materials:

- Hover-Kramer, Dorthea (2001). Healing Touch: A Guide Book for Practitioners, 2nd Edition. Delmar Cengage Learning.
- Co, Stephen and Robins, Eric B (2002). Your Hands can Heal You. Free Press: New York.
- GaiaM Massage Practice: Therapeutic Touch: Relax, heal and stimulate DVD
- Usi and Tibetan Reiki Manual, KCFitnessLink

Introduction to Western Massage: This course covers basic therapeutic massage history, technique, movements and procedures for giving a full body massage. **60 total hours (40 clock hours).** Required materials:

- Mosby's Fundamentals of Therapeutic Massage (2008) by Sandy Fritz

Lifestyle Coaching: Students will learn a systematic approach to understanding client's needs, interests and personal orientations to living a healthy lifestyle. **60 total hours (40 clock hours).**

Required Materials:

- Gavin, James (2005). Lifestyle Fitness Coaching. Human Kinetics: USA.

Mind Body Training: This course will examine the history, culture, and techniques of Tai Chi and Qigong, Pilates and other Mind-Body techniques. **60 total hours (40 clock hours).**

Required Materials:

- DVD: Anthology of Tai Chi and Qigong: The Prescription for the Future by Bill Douglas, 2001.
- CD: Anthology of QiGong Relaxation Therapy and Mind Body Expansion by Bill Douglas
- Douglas, Bill (2012). The Complete Idiot's Guide to T'ai Chi & Qigong 4th Edition. Alpha Publishing.

National Exam Review: This course will prepare individuals for the The National Certification Board for Therapeutic Massage & Bodywork (NTCMBM) exam or MBLEX exam. **40 Total Hours (40 clock hours).**

- Review for Therapeutic Massage and Bodywork Certification (2006) by Joseph Ashton and Duke Cassel
- Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations by Laura Allen
- The Video Version of the Book, DVD by Cal Cooley

COURSE DESCRIPTIONS

Pathology: The class presents information on the etiology, signs and symptoms, and treatment of over major diseases and conditions, emphasizing how therapy influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. **60 total hours (60 clock hours).** Required Materials:

- Werner, Ruth (2008). A Massage Therapist's Guide to Pathology 4th Edition. Lippincott Williams & Wilkins: USA. (for massage program students)
- Real Bodyworkers Presents Anatomy and Pathology for Bodyworkers DVD (for massage program students)
- Crowley, Leonard (2012). An Introduction to Human Disease: Pathology and Pathophysiology Correlations 9th Edition. Jones & Bartlett Learning.

Personal Trainer Institute: A certification prep course in personal training for the NSCA-CPT exam covering exercise science, program development and special populations. **200 total hours (120 clock hours).** Required Materials:

- NSCA's Essentials of Personal Training textbook
- NSCS Exam Package
- NSCA's Exercise Technique Manual for Resistance Training, Second Edition

Sacred Breath Meditation I and II: Sacred Breath Meditation Training combines theory of yoga/mindfulness, techniques and current research on meditation, breathing and relaxation.

40 total hours (32 clock hours). Required Materials:

- Selby, John (2003). Seven Master's, One Path. HarperCollins: USA.
- Kabat-Zinn, John (1994). Wherever you go there you are: Mindfulness meditation in everyday life.
- Kabat-Zinn, John (1990). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness. Dell Publishing: New York.
- KCFitnessLink manual.

Thai Yoga Massage Therapy I, II and II: Explore the fundamentals of Thai Yoga Massage therapy including techniques, safety, body alignment, table modifications, herbal applications and clinical solutions. **180 total hours (120 clock hours).** Required Materials:

- Thai Yoga Massage Therapy Training Manual (KCFitnessLink)
- Salguero, Pierce. The Encyclopedia of Thai Massage. Findhorn Press, 2005.
- Salguero, Pierce. The Spiritual Healing of Traditional Thailand. Findhorn Press, 2006.
- Salguero, Pierce. Thai Medicine: Buddhism, Animism, Ayurveda. Hohm Press, 2007.
- Salguero, Pierce. Thai Massage Workbook, 2007
- Salguero, Pierce. A Thai Herbal. Findhorn Press, 2003
- DVD: Tao Mountain DVD
- Massage table and floor massage cushion
- Student/Affiliate membership in the American Organization for Bodywork Therapies of Asia (AOBTA).

COURSE DESCRIPTIONS

Traditional Chinese Medicine Theory I and II: This course examines Traditional Chinese medicine in context of acupuncture, Chinese herbs, food therapy, acupressure, and clinical assessment. **120 total hours (80 clock hours).**

- Kaptchuk, T. J. (2000). *The web that has no weaver: Understanding chinese medicine.* (2nd Ed.). New York: McGraw-Hill.
- Maciocia, G. (2005). *The foundations of Chinese medicine: A comprehensive text for acupuncturists and herbalists.* (2nd Ed.). New York: Churchill Livingstone.

Yoga as Therapy: This course examines the therapeutic use o yoga for non-apparently populations covering assessment and creation of individualized yoga programs. **250 total hours (120 clock hours).** Required Materials:

- Yoga as Therapy Training Manual (KCFitnessLink)
- 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.
- ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-2nd Edition (2003).

Zen Shiatsu I, II, III: Students will learn Asian Body Therapy that uses deep, invigorating, style of massage that uses thumb, elbow, knee and palm pressure to energy channels or meridians. 180 total hours (120 clock hours). Required Materials:

- Carola Beresford-Cooke, *Shiatsu Theory and Practice*, 2nd Edition.
- Jarney and Mojay, *Shiatsu: The Complete Guide*

Ongoing Workshops and Continuing Education

KCFitnessLink offers ongoing continuing education workshops for professionals and health enthusiast interested in self-care and wellness. For a listing of workshops and dates, visit www.kcfitnesslink.com/events

Sacred Breath Meditation: An introductory workshop to yoga and mindfulness-based meditation, exploring the yoga philosophy of eliminating pain and suffering to achieve happiness.

Mat Pilates: A mat Pilates classed inspired by dance rehabilitation, mindful movement and core training to improve overall health and fitness.

Reiki: Reiki is a Japanese form of hands-on, energy healing that harnesses the universal energy within us for stress relief and relaxation. Learn techniques for live and distance healing.

Partner Yoga and Thai Massage: A three-hour workshop of partner yoga and Thai massage. Explore the benefits of double yoga that emphasizes connection, trust and mindful movement.

Meridian Yoga Massage: Explore teaching a yin-based yoga class with self-massage techniques from Traditional Chinese, Indian and Thai medicine.

Introduction to Yoga: Come learn the basics of yoga breathing, postures and understanding of yoga philosophy. This is great way to establish a strong foundation in yoga before starting yoga classes. Bring a yoga mat. No experience required.

Yoga Inversions: Come explore how to retain youth naturally and reverse the effects of gravity. In a completely safe environment, we will learn the asanas that prepare us for each inversion and how to practice inversions easily, with grace and courage, building confidence along the way. Every asana will be prepped sequentially, leading up to the actual balance and inversion asanas, so there will be something for everyone.

Yoga for Sports: Has your training reached a plateau? Or do you train consistently with back, knee or hip pain? Rather than increasing your mileage or intensity, why not try yoga to provide a holistic approach to increase your performance? This class will explore the benefits of yoga for sports performance using the system of Power Yoga.

Chakra Yoga: Unite the energy of the body through this yoga class focusing on breathing, , meditation, postures and the yoga of sound to open chakras or energy centers of the body.

Yoga Trance Dance: Explore free-flow movement and rhythmic patterns from dance, yoga, martial arts and more. You'll learn to let go and live life in the present moment.

Video Dance and Deep Yoga Stretch: Come learn the latest dance steps from popular music videos from Beyonce, Janet Jackson, Madonna, Britney Spears, Usher and more! 90 min. of dancing fun followed by 30 min. of deep yoga stretching. What a way to end the weekend! No dance experience required!

Ongoing Workshops and Continuing Education

Holistic Health Career Fair: Come explore alternative careers in holistic health including yoga, massage, nutrition, personal fitness training, Ayurveda and Traditional Chinese Medicine. We'll cover certification and licensing requirements, typical educational requirements, job outlook and more.

Anatomy in Clay: Discover Hands on Anatomy: Are you a visual and kinesthetic learner? This workshop will explore anatomy by building the anatomical systems of the body on clay models.

Reflexology: This workshop covers using reflex points on the hands and feet (based on zone therapy) to help reduce pain, improve circulation, bolster immunity and provide a sense of balance, relaxation, and well-being.

Energy Healing Touch: Learn to balance, adjust and redirect manual energy fields using mindfulness, intention, and compassion to help others achieve higher states of health.

Introduction to Shiatsu: Shiatsu is from the Japanese word shi and atsu. Shi stands for finger while atsu means pressure. As the meaning implies, Shiatsu uses the fingers to exert pressure in the body. The goal is to achieve balance among the energy channels or meridians in the body.

Yoga in the Park: Every year KCFitnessLink joins the President's Council on Physical Fitness and Sports to challenge you to get moving for health and to get active and fit during the summer months. Join us for a free Hatha yoga class on the Nelson Art Museum lawn Saturdays from 9:00 a.m.-10:00 a.m. Bring a friend or family member for free. Meet at the shuttlecocks on the south lawn. Bring a yoga mat, towel and water.



Yoga in the Park 1

Course Faculty

1. **Darryl Olive, MBA, MHA, CSCS, E-RYT 500, LMT:** Darryl has been training and certifying health and fitness professionals since 2002. He has worked with several certifying organizations including the American College of Sports Medicine (ACSM), the American Council on Exercise (ACE) and the Aerobics and Fitness Association of America (AFAA). He is a certified and licensed Thai Yoga Massage therapist and is an Experienced Registered Yoga Teacher at 500 hours with the Yoga Alliance. Darryl is a graduate of the University of Missouri-Columbia. Darryl also has taken the Anatomy in clay instructor training. Darryl teaches the yoga, massage, anatomy and nutrition curriculum.
2. **Laura Midkiff Wyrick, Dipl/ ABT (NCCAOM), LMT:** Laura has been teaching shiatsu for five years and practicing over ten years. She has developed curriculum and served as student clinic coordinators at several massage schools. Laura is a graduate of the Desert Institute of Healing Arts and Central Arizona College. Laura teaches the shiatsu and Chinese medicine courses.
3. **Bill Douglas,** is the founder of World Tai Chi day and author of the Complete Idiot's Guide to Tai Chi. Bill has been a Tai Chi source for The Wall Street Journal; The New York Times; Reader's Digest; Parade Magazine; Italy's La Storia Newspaper, and is the developer of *SMARTaichi* system and the DVD *Anthology of Tai Chi and QiGong*. Bill teaches the Tai Chi programs.
4. **David Timbs, Dip. Ayur (India), N.D., Dip. Acu., B.Ed.:** David has over 27 years of teaching experience ranging from Primary (elementary) school to Adult Education. He is certified in Polarity Therapy, Naturopathy, Iridology, Traditional Acupuncture and Ayurveda. He has trained with prominent Ayurveda and holistic health teachers including Vasant Lad, Robert Svoboda and P.H. Kulkarni. David is a graduate of the naturpathic College of N.Z., the Ayurvedic Institute of New Mexico and Massaey University. David teaches Ayurveda and nutrition courses.
5. **Katrina Everhart, M.A. Ed.:** Katrina Everhart is a graduate of the University of Missouri-Columbia. Katrina holds certifications in yoga, sports nutrition, Reiki and mediation. Katrina has completed training in Anatomy in Clay instructor training. Katrina teaches Reiki, Pilates, business and anatomy.
6. **Nancy Tegan, MA Ed., LMT, NCBTMB.** Nancy is a graduate of Baker University and has been practicing massage for the last four years. She has managed massage clinics at local career training schools and developed curriculum in massage programs for classes and online programs. Nancy teaches Western massage and business courses.
7. **Mary Duryea, M.D. 200 RYT.** Mary has 20 years experience in family practice medicine. She has completed training yoga therapy and meditation training. Mary is a graduate of the University of Nebraska School of Medicine.

POLICIES

Admissions

All applicants must be 18 years of age, be a high school graduate and submit a complete application, which is located at the end of this catalog. Due to professional requirements, applicants should be in sound physical, mental and psychological condition in order to render services optimally.

Cost of Attendance: Tuition

KCFitnessLink offers affordable, educational programs that meet the financial needs for many. We offer full payment options or flexible monthly payment plans with attached interest. Tuition and fees are subject to change. Student transcripts and certificates are withheld until financial matters are resolved. Additional fees apply for books and related course materials. KCFitnessLink manuals are included with the cost of enrollment.

Students will receive detailed course information and requirements upon registration. All residential (live classes) programs require a \$500, non-refundable deposit to secure your space in class. All home study materials require a \$200 deposit. Monthly payment plans are automatically debited from credit or debit cards on file. Monthly processing surcharges and financing (4%) are added for this service. A monthly payment begins after a deposit is received for residential programs. Prices are subject to change. KCFitnessLink reserves the right to adjust tuition rates before completion of courses or programs to meet business needs and unforeseen costs to provide the courses. KCFitnessLink will make every reasonable effort to notify students as early as possible.

Table 2: Cost for Live Classes

Program of Study	Live Class Deposit	Full Live Class Payment	12 Month Payment Plan	24 Month Payment Plan	36 Month Payment Plan
200 Hour Balance Yoga Certification	\$500	\$3,500	\$265	\$135	N/A
300 Hour Advanced Balance Yoga Certification	\$500	\$3,500	\$265	\$135	N/A
200 Hour Yoga as Therapy Certification	\$500	\$3,500	\$265	\$135	N/A
1000 Hour Yoga Therapist Certification	\$500	\$15,500	\$1,315	\$655	\$435
500 Holistic Nutrition Certification	\$750	\$7,500	\$615	\$315	\$215
650 Hour Personal Trainer	\$750	\$7,500	\$615	\$315	\$215
650 Hour Zen Shiatsu Therapist	\$750	\$10,500	\$615	\$315	\$215
650 Hour Thai Yoga Massage Therapist	\$750	\$10,500	\$615	\$315	\$215
1000 Hour Asian Body Therapist	\$1250	\$18,500	\$1,565	\$785	\$525
60 Hour Ayurveda, Thai, Shiatsu, Mind Body, Business and Ethics, Western Massage, Anatomy, Pathology	\$500	\$1,500	\$95	N/A	N/A
180 Hour Shiatsu/Thai Massage with Ayurveda or TCM	\$500	\$5,000	\$450	\$225	\$155
20 Hour Sacred Breath Meditation Training I or II	N/A	\$250	N/A	N/A	N/A
2000 Hour Holistic Health Practitioner	\$1250	\$22,500	\$1,915	\$1,005	\$645

Table 3: Cost for Home Study Programs

Program of Study	Online Total	Deposit	12 Month Payment Plan	24 Month Payment Plan
200 Hour Balance Yoga Certification	\$1,500	\$500	\$91	
300 Hour Advanced Balance Yoga Certification	\$1,500	\$500	\$91	
200 Hour Yoga as Therapy Certification	\$1,500	\$500	\$91	
1000 Hour Yoga Therapist Certification	\$7,500	\$500	\$610	\$307
500 Holistic Nutrition Certification	\$4,500	\$500	\$354	\$178
650 Hour Personal Trainer	\$4,500	\$500	\$354	\$178
650 Hour Zen Shiatsu Therapist	\$4,500	\$500	\$354	\$178
650 Hour Thai Yoga Massage Therapist	\$4,500	\$500	\$354	\$178
1000 Hour Asian Body Therapist	\$7,500	\$500	\$354	\$178
60 Hour Ayurveda, Thai, Shiatsu, Mind Body	\$750	\$300	\$50	--
20 Hour Sacred Breath Meditation Training I or II	\$125	--	\$50	--
2000 Hour Holistic Health Practitioner	\$10,500	\$500		

Books and Supplies

Books and supplies (except KCFitnessLink generated manuals) are not included in the cost of tuition. Below are estimated costs of books and supplies. Students can potentially save from 10-70% by purchasing used materials. We do not maintain a student book store. Students can purchase materials from Amazon.com online at www.kcfitnesslink.com/books. Many of the books can also be found at your nearest Half Price Books retail store www.halfpricebooks.com. KCFitnesslink reserves the right to change course materials to meet business needs when new editions of materials become available, materials are discontinued from publication and desired changes in materials based on student feedback. The most up to date list of materials is given to students after enrollment.

Program of Study	Books and Supplies Costs Live Class
200 Hour Balance Yoga Certification	\$125
300 Hour Advanced Balance Yoga Certification	\$325
200 Hour Yoga Therapy	\$150
1000 Hour Yoga Therapist Certification	\$925
500 Holistic Nutrition Certification	\$400
500 Hour Personal Trainer	\$975
*650 Hour Zen Shiatsu Therapist	\$1,150
* 650 Hour Thai Yoga Massage Therapist	\$1,150
*1000 Hour Asian Body Therapist	\$1,500
60 Hour Ayurveda, Thai, Shiatsu, Mind Body	\$150
20 Hour Sacred Breath Meditation Training I or II	\$75
2000 Hour Holistic Health Practitioner	\$1,750

*Price reflects equipment including a floor massage cushion, massage chair and massage table.

Financial and Career Assistance

- Work Study Program:** Our work study program provides \$500 and \$1000 scholarships. The work study program requires 50 or 100 hours of teaching classes, workshops or providing individual services (nutrition, body therapy, fitness, etc) at KCFitnessLink. It is only applicable to 200 hour programs or greater. **We limit the work study scholarships to two per course, so we encourage you to apply early.**
- By Donation Registration:** KCFitnessLink offers an annual by Donation Registration that allows student to register for select courses (Yoga and Yoga Therapy) on a sliding scale. Participants elect their price of \$1,250-\$3,500. Proceeds from the course benefit local non-profits. See Residential Training Schedule for by donation dates.
- KCFitnessLink Monthly Payment Plans:** Monthly payment plans are available to help you reduce the upfront investment in training. Payments are automatically debited from credit or debit cards on file. Monthly surcharges and financing (4%) are added for this service. A monthly payment begins the first month after a deposit is received/registration for residential programs.
- Career Training Loans:** Career Training Loans are private, credit-based student loans for technical training or trade school, online courses, and other education programs. Contact your local bank for rates, qualifications, amounts and repayment details. National programs are offered from Sallie Mae and Wells Fargo.
- Career Placement:** KCFitnessLink provides rich career placement information through professional issues coursework and business courses. KCFitnessLink also provides students with opportunities as they become known with corporate partners. KCFitnessLink will assist students in the process but does not guarantee job placement or specific starting salaries.

Refund Policy

Applicants should make every effort to review the course program and evaluate their readiness for study. All classes, residential and distance home study courses, are non-refundable. In the event of a death or medical emergency, refunds or transfers may be issued at the discretion of KCFitnessLink's administration. Credit is issued for any coursework canceled, which can be used towards future training opportunities at KCFitnessLink. Credits must be used within one year of cancellation.

Students enrolled under the Veteran's Administration can receive a 100% refund minus the administrative course deposit fee. See refund schedule below. The course begins on 12:01 a.m. of the first scheduled date. See the 2011 calendar for start dates. Students must request a class cancellation and refund in writing.

	Pre-Classes	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
One week Course	100%	80%	60%	40%	20%	0%					
Two week Course	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%

Career Training Loans

Students can apply for private, career training loans to fund their training with independent banks or credit unions. KCFitnessLink encourages students to explore a variety of options and to understand rates, repayment considerations that best fit the student's need. Several options include:

- 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>

Missed Payments/Late Charges

Students enrolled in payment plans who do not complete payments by their specified payment date will be subject to \$30 late fees for every month payment is not received. After 90 days, subjects may be reported to collection agencies. Please contact KCFitnessLink if your financial situation changes as soon as possible.

Course Completion/Changes/Grade Notification

All students must maintain satisfactory progress in order to receive graduate certificates for programs. Students can complete the coursework at their own pace, with no given timeframe for completion. Successful completion of a course is determined by receiving a 75% or above on graded class work (or 2.0 GPA). KCFitnesslink uses a traditional A-F grading scale, where 90% and above is an A.. KCFitnessLink reserves the right to cancel/reschedule classes to meet business needs (e.g. not meeting minimal enrollment, scheduling conflicts and other reasons). KCFitnessLink reserves the right to change course materials to meet business needs. At the completion of each course, students will be notified (electronically) of grade status for all coursework completed.

Transfer Credits

Credits from other institutions for core program courses are not accepted. We will accept limited credit for program courses covering the basic sciences (anatomy and pathology) and business courses. Students must include official transcripts with initial application and enrollment agreement. A maximum of 120 hours may be transferred.

Transcripts/Disclosure of Records

Information in student files is considered confidential information. It will not be released to other individuals or institutions without the student's written consent. To obtain a transcript, students need to submit a formal written request along with a \$10 transcript fee.

Termination of Enrollment Agreement

Students may cancel their enrollment agreement in writing, detailing the reason for cancellation at any time. KCFitnessLink reserves the right to terminate the enrollment agreement when:

- Students are involved in academic dishonesty
- Sexual harassment
- Physical assault against students, teachers or members of KCFitnessLink
- Any other reasons that reduces the learning environment substantially or is fiscally damaging to KCFitnessLink operations.

Graduation/Certification Requirements

Students who successfully complete coursework and have no outstanding tuition fees will receive certificates of completion. Successful completion is done with a grade average of 70% or higher.

Code of Ethics

Students, instructors and employees of KCFitnessLink will:

- Act in way that gives credibility, confidence and trust to the public
- Maintain behavior that advances the professional of holistic health and fitness and safeguards industry standards
- Accurately represent education, training and competence by acting within the scope of one's practice
- Protect the confidentiality of all client records
- Respect the rights and needs of individuals
- Adopt and become knowledgeable in laws and regulation that govern holistic health and fitness

Student Housing

We try to help students from out of state minimize the cost of education by placing students with former graduates. Upon registration, we will give you contact information of students who welcome and hosts other students. The arrangements may be free to low cost as compared to a hotel. KCFitnessLink is not responsible for negotiations or final outcomes of these arrangements.

Local Hotels/Long-Term Stay

Value Place (budget long-term stay)

6950 Fox Ridge Drive, Mission, KS 66202

Phone: 913-831-1300

Email: mci66202@valueplace.com

Web: www.valueplace.com

Hilton Garden Inn Kansas City (walking distance from KCFitnessLink)

520 Minnesota Avenue, Kansas City, Kansas, USA, 66101

Phone: 913-342-7900

Hotel Phillips (luxury hotel)

106 W 12th St, Kansas City, MO 64105

Phone: 816-221-7000

Web: www.hotelphillips.com

Homestead Studio Suites - Kansas City - Country Club Plaza (long-term stay)

4535 Main St., Kansas City, MO 64111 Tel: 816-531-2212 Phone: 816-531-2212

Email: PLZ@extendedstay.com

Web: www.homesteadhotels.com

Attendance Policy

Class attendance and course grades are positively related. KCFitnessLink expects students to attend all class sessions of courses in which they are enrolled. Each instructor has the responsibility to determine specific attendance policies for each course taught, including the role that attendance plays in calculation of final grades and the extent to which work missed due to non-attendance can be made up. On the first day of class, each instructor will make available to each student an oral/or written statement of the specific attendance policy for that class.

KCFitnessLink encourages instructors to be reasonable in accommodating students whose absence from class resulted from: (1) participation in KCFitnessLink activities and programs; (2) personal illness; or (3) family and/or other compelling circumstances. Instructors have the right to request documentation verifying the basis of any absences resulting from the above factors. It is the student's responsibility to work with other students and the teacher to make up work and hours missed.

Weather Policy

KCFitnessLink will cancel classes whenever the Kansas City, Kansas school district closes because of weather, except during final examinations. Information will be posted on the Website and phone system about weather cancellations.

Academic Probation/Suspension and Re-entrance

Students are in good academic standing with a grade point average of 2.0 (or 75%). Students are placed on probation if they fall below a GPA of 2.0. To maintain enrollment, these students must meet with and establish an academic contract with their academic advisor or director of programs. Students will be suspended if they fail to meet the requirements of their academic probation contract or maintain a GPA below 2.0 after two consecutive courses. A student who seeks reentry to KCFitnessLink after academic suspension may apply for readmission. The certification instructor or the director of programs will make the reentry decision. Depending on the circumstances, it is the KCFitnessLink's prerogative to readmit the student or not and determine the length and criteria of the suspension.

Non-Discrimination Policy

KCFitnessLink does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, age, disability or status as a protected veteran. Any person having inquiries concerning KCFitnessLink's compliance with civil rights and educational amendments should contact the director or programs for KCFitnessLink, Darryl Olive at 816.256.4443 or e-mail info@kcfitnesslink.com

Career Services

KCFitnessLink does not guarantee job placement upon graduation. KCFitnessLink works with students on a case by case basis to determine skills and interests. Job announcements are posted on student bulletin boards and via electronic newsletters. Students receive assistance being placed in volunteer programs and internships with corporate partners of KCFitnessLink.

Grievance Policy

KCFitnessLink is committed to fostering a supportive atmosphere among students and faculty. All teachers and administration of the school are expected to act in a supportive and understanding manner. In this way, KCFitnessLink expects open communication between students and faculty. We understand that conflict may arise and expect that it can be openly resolved.

In the event of a conflict that cannot be readily resolved between a student and a teaching faculty member or any administrative faculty the first step will be to contact the Director of Programs. Normally, this will consist of calling or writing documentation of a particular event or situation, followed by discussions between the parties and the Director of Programs, with attempts to determine a satisfactory resolution.

It is the mutual goal of the Kansas Board of Regents and its certified institutions to provide quality educational training and programs. When problems arise, students should make every attempt to find a fair and reasonable solution by working with their institution to resolve the issues. If further attention is needed beyond the institution level, please contact the Kansas Board of Regents. The complaint procedure and form are located at the following website:

http://www.kansasregents.org/private_postsecondary_complaint_process.

Kansas Board of Regents
1000 SW Jackson St., Ste 520
Topeka, KS 66603
(785) 296-4917

Yoga Teacher Training by Donation

KCFitnessLink offers three yoga teacher training programs by donation in conjunction with Yoga Month. Yoga Month is a grassroots, community-based global campaign to educate people about the health benefits of yoga and to inspire a healthy lifestyle. An estimated 20+ million will hear about Yoga Month and millions of new students will attend free yoga classes at 2,000+ yoga studios, parks and homes. A major focus of Yoga Month is collecting donations for local and national charitable organizations.

Registrants can simply choose how much they can afford for their training, a sliding scale from \$1,250 to \$3,500 (the normal price). A portion of the donation will benefit local charities that provide community healthcare services and social services for youth in Kansas City. No other discounts and special incentives, work study scholarships, etc can be applied to the by donation special pricing. Because of the special incentive these by donation sections fill early (we limit the training to ten). **We encourage you to apply early to reserve your space in class.**

This is the fourth year of this endeavor, and it makes the training affordable and accessible to many more people. See course dates section for by donation dates. The by donation training program is available for three classes: 1) 200 Hour Yoga Teacher Training, 2) 300 Hour Advanced Yoga Teacher Training and 3) 200 Hour Yoga Therapy Training Levels I and II.

As a part of the benefit, teachers pledge to give an additional 25 hours of community service through teaching free classes/group yoga therapy as a commitment to karma yoga with KCFitnessLink.



2012 By Donation Class

KCFitnessLink

Application for Admission and Enrollment Agreement

(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
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Do you have previous experience in bodywork, meditation, yoga, Pilates, coaching, nutrition, 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 training.

How did you learn about our programs of study?

Registration

Register me for the: (Please include course and date). The schedule of dates located earlier in the catalog.

Course: _____

Dates: _____

Payment Type

Credit card (online payment or included in application)

Personal Check (mail)

Cashier Check (mail)

Mycaa

Payment Amount

I would like to pay:

Residential Deposit of \$500

Full amount of program _____

Monthly Payments: Please choose _____12 _____24 _____36

- Monthly payment programs cannot be combined with any advertised discount)

Mycaa

Discount

Please include discount code and special pricing if applicable: _____

Student Housing

We have limited student housing available on a first come first serve basis. I would like to student housing

Residential programs:

I understand the \$500 deposit is not refundable and only transferable to other KCFitnessLink programs or services. Residential programs are completely non-refundable.

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

Flexible Monthly Payments/Full Credit Payments:

I authorize KCFitnessLink to charge my credit card for the amount listed above. I understand monthly plans will be automatically charged each month. All monthly payment plans must have an additional back up card on file. All late payments are subject to \$30 per month late fees.

Signature: _____

Date: _____

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.

Second Back-up Card for monthly payment plans:

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.

Enrollment Agreement:

____ (initial) I have been given the enrollment agreement and have read it fully.

I understand this enrollment agreement is a legal agreement. I have included only truthful information in this agreement regarding my health, my education, experience and financial information. I understand that deposits for live classes are non-refundable. Refunds are not issued for coursework; credits are applied for any canceled courses towards future training. Students may cancel this agreement in writing, detailing the reason for cancellation at any time.

____ (initial By donation yoga applicants) I pledge to volunteer 25 hours teaching yoga or provide yoga therapy for KCFitnessLink or KCFitnessLink community partners.

Name (Print): _____

Name (Sign): _____

Name of legal representative for minors (print): _____

Name of legal representative for minors (sign): _____

Effective Date: _____

KCFitnessLink Representative: _____

Work Study Application

KCFitnessLink allows two work study participants per program (for yoga programs only). The work study scholarship of \$500 or \$1000 is provided in exchange for working 50 or 100 hours respectively at KCFitnessLink or corporate partner sites. Work might entail teaching yoga classes, cleaning, marketing and administrative duties.

Scholarships are only applicable to KS/MO residents who live in the Kansas City metro area.

To apply for the scholarship:

- Write a letter of intent and include with this school application and enrollment agreement.
- Detail in the letter: Your long-term career goals as it relates to the program and why you should be chosen for the work study
- Describe your general business skills

_____ (initial) I understand the work study scholarship program is a legal agreement. Students in the work study program will not receive program certificates until all work study hours have been completed. If this agreement is canceled by KCFitnessLink, the student is responsible for repaying the scholarship funds not accounted for through the work exchange agreement.

Name (Print): _____

Name (Sign): _____

Name of legal representative for minors (print): _____

Name of legal representative for minors (sign): _____

Effective Date: _____

KCFitnessLink Representative: _____

Please mail application and payments to:

KCFITNESSLINK

510 N. 6th Street, Kansas City, KS 66101

OR

Fax: 816.817.1192

Questions?

Phone: 816.256.4443

Email: info@KCFitnessLink.com