

KCFitnessLink School of Yoga & Holistic Health 2015 School Catalog



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Table of Contents

About KCFitnessLink	3
A Message from the Executive Director of Programs	4
Mission/Philosophy	5
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.....	14
650 Hour Thai Yoga Massage Therapy	Error! Bookmark not defined.
650 Hour Zen Shiatsu Program.....	Error! Bookmark not defined.
1000 Hour Asian Body Therapist (ABT).....	Error! Bookmark not defined.
500 Hour Online Holistic Nutrition Consultant.....	16
650 Hour Personal Fitness Trainer Certification.....	Error! Bookmark not defined.
60 Hour Mind Body Training: Tai Chi & Pilates	Error! Bookmark not defined.
60 Hour Ayurveda: The Science of Life	18
COURSE DESCRIPTIONS.....	20
Ongoing Workshops and Continuing Education.....	24
Ongoing Workshops and Continuing Education.....	25
Course Faculty.....	26
POLICIES	27
Application for Admission and Enrollment Agreement.....	37
Enrollment Agreement:	41

About KCFitnessLink

KCFitnessLink is three-site organization in Kansas City, MO and Kansas City, KS

- KCFitnessLink Strawberry Hill: 510 N. 6th Street, Kansas City, KS 66101, 1500square foot facility
- Plaza Yoga & Fitness Center: 707 West 47th street, Kansas City, MO 64112 , 1500 square foot facility
- City of Fountains CrossFit: 541 D Central Ave., Kansas City, KS 66101, 2500 square foot facility





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, yoga & Ayurveda. 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 training 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 school of yoga & holistic health, privately accredited by the American Association of Drugless Practitioners (AADP) and approved as a yoga school by the Yoga Alliance.

Upon completion of KCFitnessLink's programs student's may be eligible for national registration, membership and/or certification from the following organizations.

- Yoga Alliance, www.yogaalliance.org
- International Association of Yoga Therapists (IAYT), www.iayt.org
- American Association of Drugless Practitioners (AADP), www.aadp.net
- National Strength & Conditioning Association (NSCA), <http://www.nasca.com/>

Some programs may allow graduates to achieve national certification, registration or local/state licensing within their city or state. KCFitnessLink does not guarantee licensure or certification ability. Graduates should investigate licensing, registration 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 yoga and holistic health disciplines. We offer training programs and elective study in:

	Training Programs	Clock Hours	Estimated Completion
Yoga, Meditation & Ayurveda	• 200 Hour Yoga Training	263	12 months
	• 300 Hour Advanced Yoga Training	393	12-16 months
	• 200 Hour Yoga as Therapy Training	250	12-18 months
	• 1500 Hour Yoga Therapist Training & Holistic Health Practitioner	1544	24-48 months
	• 650 Holistic Yoga & Ayurvedic Coach (formerly 500 Hour Holistic Nutrition Training)	650	16-20 months
	• 60 Hour Ayurveda Science of Life Training	60	3-5 months
Personal Training Prep	• 200 Hour Personal Trainer Institute	220	5-8 months

2015 Residential Training Schedule

Trainings held at 707 West 47th Street, Kansas City, MO 64112 or other offsite locations throughout the metro area of Kansas City.

200 Hour Teacher Training

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

- April 6-17, 2015
- June 8-19, 2015
- September 7-18, 2015 (by donation session)

300 Hour Advanced Yoga Training

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

- August 3-14, 2015 (by donation session)

200 Hour Yoga as Therapy Training

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

- September 28-October 9, 2015 (Level I by donation session)
- November 2-13, 2015 (Level II)

60 Hour Anatomy I: Systems Anatomy in Clay/Online Course

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

Module: TBD/Online courses anytime

60 Hour Anatomy II: Functional Anatomy

Module: April 27-May 1, 2015/Online course starts anytime

60 Hour Pathology –Online class only, Starts anytime

60 Hour Ayurveda Training: The Science of Life

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

Module: June 22-26, 2015/Online course starts anytime

200 Hour Personal Trainer Institute: NSCA Certification Prep Course

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

Module:

- June 29-July 10, 2015/Online course starts anytime

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

60 Hour Business – Online Class Only, Starts anytime

60 Hour Nutrition I, II, III – Online Classes Only, Starts anytime

Online Classes and Learning

We recognize the need for convenience and affordability and therefore, we offer our training 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

KCFitnessLink uses Join.me Web and phone conferencing to facilitate student meetings during office hours. This allows students and teachers to simultaneously view assignments and projects together. Students in online classes can elect to meet periodically or schedule regular recurring meetings with assigned instructors. Student office hours can be held on the road. You can join from your Android or iOS mobile device, attend meetings from your iPad and listen to audio-only conferences from your iPhone.

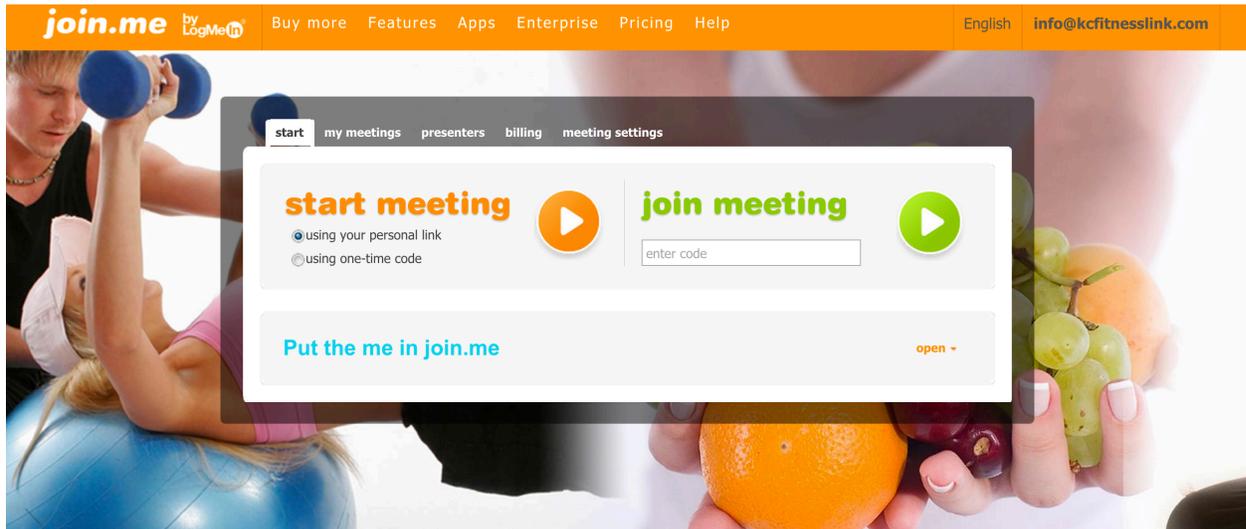
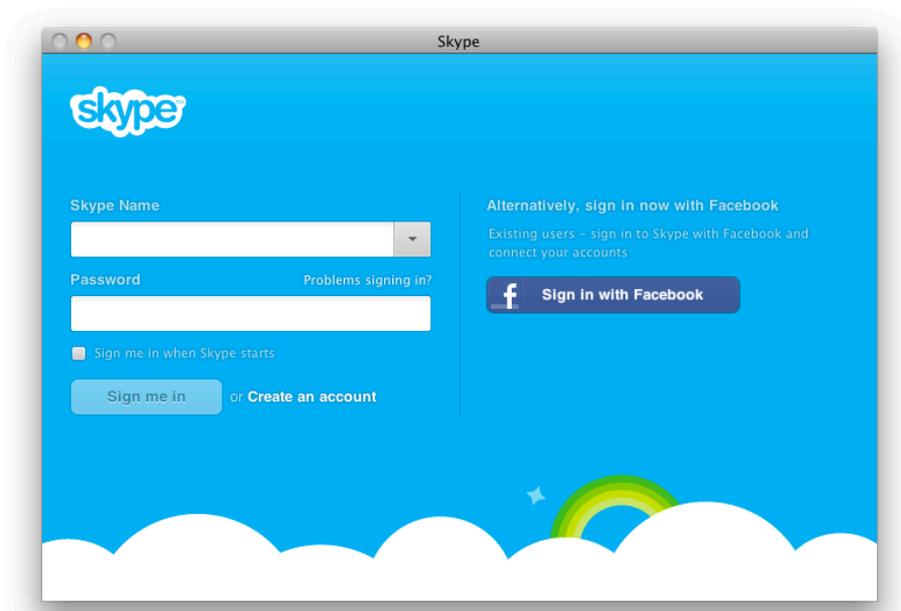


Figure 2: Join.me Web Interface

For interactions with online students that require demonstration of techniques or practical applications, KCFitnessLink can use Skype to provide video and audio conferencing. Skype can be used for demonstration of yoga and fitness exercises or conducting practical exams.



200 Hour Balance Yoga Training

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 Balance Yoga Intensive
- 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-Intensive Requirements:

- Teach 80 yoga classes (70 classes + 10 privates) at KCFitnessLink, non-locals with a mentor approved by KCFitnessLink (mentor must be adjunct faculty of KCFitnessLink)
- Teach 20 meditation classes
- 40 day personal meditation/yoga journal
- Lead one Intro to Yoga Workshop
- 10 hours of community service
- 16 Hour Studio Workshop Series

Certificate of Completion Text: 200 Hour Balance Yoga Certified Instructor in Hatha, Vinyasa, Power Yoga & Meditation

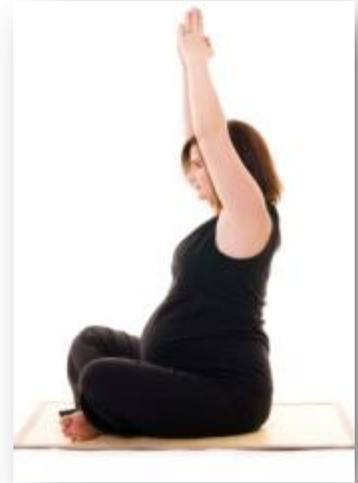
300 Hour Advanced Balance Yoga Training

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

Courses:

- 300 Hour Balance Yoga Intensive
- 20 Hour Sacred Breath Meditation Training II
- 60 Hour Anatomy I
- 8 Hour CPR



Curriculum:

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

Post-Intensive Training Requirements:

- Local residents instruct 100 sessions at KCFitnessLink, non-locals with a mentor approved by KCFitnessLink (mentor must be adjunct faculty of KCFitnessLink)
- 40 day meditation/yoga journal
- 10 hours of community service
- Lead 5 workshops
- 16 Hour Studio Workshop Series

Certificate of Completion Text: 500 Hour Balance Yoga Certified Instructor

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 not limited to 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.

Certificate of Completion Text: 200 Hour Certified Yoga Therapy Instructor



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
- 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 certificates 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&II
- 60 Hour Anatomy I and II
- 60 Hour Pathology I
- 60 Hour Ayurveda: The Science of Life Intensive
- 80 Hour Clinical Practicum
- 60 Hour Business and Ethics
- 8 Hour CPR



Certificate of Completion Text: 1500 Hour Certified Yoga Therapist

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:

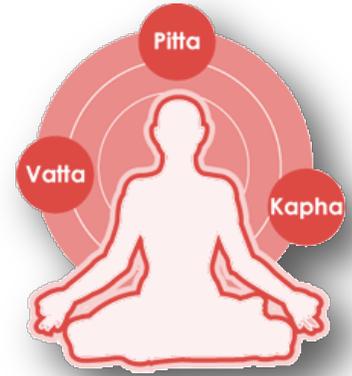
- Instruct 20 meditation classes
- Creation of meditation self-recording

Certificate of Completion Text: 20 Hour Certified Sacred Breath Instructor in Yoga & Mindfulness Meditation

New: 650 Hour Yoga & Ayurvedic Coach

Our program prepares individuals to combine nutrition, Ayurveda (the traditional medical system of India), meditation and yoga to coach people on enhancing their overall well-being and balance. This program emphasizes lifestyle modification choices, food choices and daily routine.

Graduates from the program are recognized by the American Association of Drugless Practitioners (AADP). Potential students are encouraged to visit <http://www.nutritionadvocacy.org/> to review their state's nutrition scope of practice if you decide to incorporate nutrition into your lifestyle coaching. This course does not meet requirements for Yoga Alliance. Students are dually trained in yoga and mindfulness based meditation and they receive a certificate of completion.



Courses:

- 120 Hour Basic and Yoga/Ayurvedic Nutrition I and II
- 120 Hour Anatomy I and II
- 60 Hour Pathology + 60 Hour Nutrition III
- 60 Hour Ayurveda: The Science of Life
- 60 Hour Business and Ethics
- 60 Hour Lifestyle Coaching
- 60 Hour Yoga Basics (can be waived if RYT 200 or greater or hold 80+ hours teaching yoga/meditation)
- 20 Hour Sacred Breath Meditation (can be waived if you are a current RYT 200 or greater or hold 80+ hours teaching yoga/meditation)
- 8 Hour CPR
- 10 hours of community service

Curriculum:

The program is a 650 -hour course of study involving study in nutrition basics, yoga, Ayurveda, Ayurvedic herbalism, sports performance and human behavior theories.

- Macro and micronutrients
- Nutrition in relationship to the major physiological body systems
- Ayurvedic doshic balance
- Wellness coaching from Western, yoga & Ayurvedic perspective
- Herbs and sports supplementation
- Yoga techniques including breathing, postures, cleansing, meditation, lifestyle

Certificate of Completion Text: 650 Hour Certified Yoga & Ayurvedic Coach in Yoga, Lifestyle, Nutrition & Wellness Coaching Techniques.

200 Hour Personal Trainer Institute – NSCA Exam Prep Course

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.

This course includes a pre-assessment and post-assessment exam prep test to help students identify strengths and weakness in exam preparation. KCFitnessLink does not guarantee a student's success on the national exam, which is proctored at many national exam centers.



Courses:

- 200 Hour Personal Trainer Institute (exam prep course)
- 8 Hour CPR
- 10 hours of community service
- 100 hour practicum

Curriculum:

- Client Consultation/Assessment
- Program Planning, Assessment and Evaluation
- Techniques of Exercise
- Safety, Emergency Procedures and Legal Issues
- Practice exam and comprehensive review

Certificate of Completion Text: 200 Hour Personal Trainer Institute Certificate of Completion

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. It is an introductory course and covers broad topics, but not detailed diagnostic measures (e.g., tongue, stool, iris, pulse analysis, etc.)

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
- Assessment techniques
- Lifestyle applications of diet, exercise and yoga therapy
- Five element theory

Certificate of Completion Text: 60 Hour Introduction to Ayurveda Science of Life Training

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!

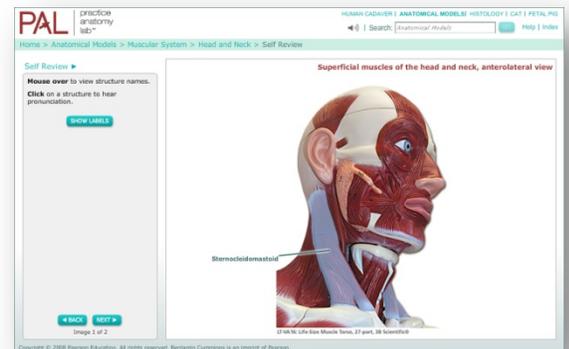


- **Online Class: Mastering Anatomy and Physiology**

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 design 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™ 3.0, 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).



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 and joint actions in movement. **120 total hours (120 clock hours).**

Required Materials:

- Biel, Andrew (2014). Trail Guide to the Body: How to Locate Muscles, Bones and More 5th Edition. Books of Discovery: Colorado.
- Marieb et al. Human Anatomy, Media Update Plus MasteringA&P with eText -- Access Card Package (10 th Edition)

Ayurveda: The Science of Life: An introductory class that explores the classical Indian medicine system, examining basic principles and practices of Ayurveda. It includes philosophy, theory, and introduction to assessment. The course focuses on yoga, meditation and lifestyle applications to find balance. **60 total hours (40 clock hours).**

Required Materials:

- Lad, Vasant (1990). Ayurveda: The Science of Self-Healing - A Practical Guide. Lotus Press: U.S.
- Morningstar, Amadea and Desais, Urmila (1995), The Ayurvedic Cookbook. Lotus Press: WI.
- Yarema, Thomas et al (2006). Eat. Taste. Heal. Five Element Press: Canada.
- DVD: Healers Journey into Ayurveda

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 (2011). Yoga Anatom, 2nd edition. 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
- Anatomy Coloring Book The (3rd Edition or greater) 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 (5th edition) 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: N/A

Cardiopulmonary Resuscitation (CPR) and First Aid: CPR classes are not provide by KCFitnessLink and are taken at an organization of choice, including the American Red Cross Association and the American Heart Association. **Eight total hours (4 clock hours).**

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 (2013). Lifestyle Wellness Coaching 2nd edition. Human Kinetics: United States.

Nutrition I: Science of Nutrients 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:

- Whitney, Ellie and Rolfes, Sahron Rady (2013). Understanding Nutrition 13th edition. Cengage Learning: USA.

COURSE DESCRIPTIONS

Nutrition II: Ayurvedic/Yoga Herbalism & Sports Nutrition: An intro course to Ayurvedic herbalism and sports performance. **60 total hours (40 clock hours).**

Required Materials:

- Karta Purkh Singh Khalsa (2011). The way of Ayurvedic herbs. Lotus Press: USA.
- David Frawley and Vasant Lad (2001). The yoga of herbs: an Ayurvedic guide to herbal medicine. Lotus Press: USA
- Bill Campbell and Marie Spano (2011). NSCA's Guide to Sport and Exercise Nutrition. Human Kinetics: USA

Nutrition III: A continued exploration of Ayurvedic herbalism and lifestyle parameters for those with chronic or basic health-related conditions.

- Karta Purkh Singh Khalsa (2011). The way of Ayurvedic herbs. Lotus Press: USA.
- David Frawley and Vasant Lad (2001). The yoga of herbs: an Ayurvedic guide to herbal medicine. Lotus Press: US

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:

- Crowley, Leonard (2014). Essentials of Human Disease, 2nd edition. JBL: USA.

Personal Trainer Institute: A certification prep course/practical training 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.

Yoga Basics: An introductory course to the science of Hatha yoga, covering yoga postures, breathing, meditation, cleansing and yogic philosophy. (60 clock hours)

- White, Ganga (2007). Yoga Beyond Belief: Insight to Awaken and Deepen Your North Atlantic Books: Berkeley, California.
- DVD: Total Yoga 4 Pack by Ganga White and Tracey Rich

Yoga as Therapy: This course examines the therapeutic use of 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)
- 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).

Ongoing Community Workshops

KCFitnessLink offers ongoing continuing education workshops for professionals and health enthusiasts 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 class 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 Community Workshops

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.

Ayurvedic Self-Massage Workshop: Learn Ayurvedic self-massage for balance and stress release.

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. He is a Level I USA Weightlifting Sports Performance Coach, CrossFit-Level I Trainer, and Group TRX Suspension Trainer. Darryl teaches the yoga, massage, anatomy, personal training, Ayurveda and nutrition curriculum.
2. **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 Ayurvedic nutrition courses.
3. **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, energy healing, Mind-body movement, business and anatomy courses in the Midwest.
4. **Mary Duryea, M.D. 200 RYT.** Mary has 20 years experience in family practice medicine. She has completed training yoga therapy, yoga anatomy and meditation training. Mary is a graduate of the University of Nebraska School of Medicine and assists/shadows with yoga teacher training programs.

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. Currently enrolled students will receive 60 days notice of any fee schedules. 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-\$1,250, non-refundable deposit to secure your space in class. All home study materials require a \$200-500 deposit. Monthly payment plans are automatically debited from credit or debit cards on file. Monthly processing surcharges and financing (approximately 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 1: 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	\$3,750	\$277	\$141	N/A
300 Hour Advanced Balance Yoga Certification	\$500	\$3,750	\$277	\$141	N/A
200 Hour Yoga as Therapy Certification	\$500	\$3,750	\$277	\$141	N/A
1500 Hour Yoga Therapist Certification	\$500	\$16,500	\$1362	\$695	\$472
200 Hour Personal Trainer	\$500	\$3,750	\$277	\$141	N/A
60 Hour Ayurveda, Business and Ethics, Anatomy, Pathology	\$500	\$1,750	\$106	N/A	N/A
20 Hour Sacred Breath Meditation Training I or II	N/A	\$250	N/A	N/A	N/A

Table 2: Cost for Online Programs

Program of Study	Online Total	Deposit	12 Month Payment Plan	24 Month Payment Plan	36 Month Payment Plan
200 Hour Balance Yoga Training Online/Hybrid	\$1,750	\$500	\$107		
300 Hour Advanced Balance Yoga Training	\$1,750	\$500	\$107		
200 Hour Yoga as Therapy Training Level 1 or II	\$1,750	\$500	\$107		
1500 Hour Yoga Therapist Training	\$8,500	\$500	\$681	\$347	\$236
650 Hour Yoga & Ayurvedic Coach	\$5,500	\$500	\$426	\$217	\$148
200 Hour Personal Trainer Institute	\$1750	\$500	\$107		
60 Hour Ayurveda, Business	\$750	\$300	\$50	--	
20 Hour Sacred Breath Meditation Training I or II	\$125	--	\$50	--	

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, Barnes and Nobles or other book retailers.. 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. Students are encouraged not to purchase materials until enrollment. Some textbooks require e-code access (in addition to book cost) for third party content including study aids, quizzes, laboratory materials and more.

Program of Study	Books and Supplies Costs Estimates
200 Hour Balance Yoga Certification	\$125
300 Hour Advanced Balance Yoga Certification	\$325
200 Hour Yoga Therapy	\$150
1500 Hour Yoga Therapist Certification	\$925
650 Hour Yoga & Ayurvedic Coach	\$650
200 Hour Personal Trainer Institute	\$250
60 Hour Ayurveda	\$150
20 Hour Sacred Breath Meditation Training I or II	\$75

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 \$1,750-\$3,750. 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 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.

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 through EDU 2.0/Mastering online classes.

KCFitnessLink estimates course completion dates but may change course completion timelines to meet business needs. Estimates are minimal guidelines for completion. Several factors may vary a student's progress in a program, especially online, self-paced courses or courses that require practical or practicum hours outside of the classroom including: the student's work schedule, their total number of hours per week studying, program and curriculum modifications, availability of practical and practicum situations, and source material from third-party content providers.

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), yoga basics and business courses. Students must include official transcripts with initial application and enrollment agreement. A maximum of 60 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. Students in online classes can see all course grades per assignment and final course grade through the "assignments tab" in EDU 2.0. KCFitnessLink will not mail program grades until the completion of the program that a student is completing. Should students need formal grade reports for third parties such as school funders, employers and others, student should request an official grade report in writing.

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

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 KCFitnessLink Website/EDU 2.0 in the news section about weather cancellations. KCFitnessLink reserves the right to cancel classes to protect staff and students during inclement or potentially inclement weather.

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/social media groups. Students receive assistance being placed in volunteer programs and internships with corporate partners of KCFitnessLink.

Academic Calendar

A live class calendar is located towards the beginning of our school catalog.

All online courses have no academic calendar. Students may complete coursework at their own pace. KCFitnessLink will honor the following holiday and school vacation times. During these times, teachers and office personnel will not be available and school offices may be completely closed. Both live, blended and online classes may acknowledge the following breaks:

- a. Christmas/New Years: December 22-January 5 every calendar year
- b. Thanksgiving: November 25-28 every calendar year
- c. Memorial Day: Friday-Monday of the Memorial Holiday weekend
- d. Labor Day: August 27-September 2 every calendar year
- e. Spring Break: as disclosed each year in EDU 2.0 (up to one week duration)
- f. Summer Break: as disclosed each year in EDU 2.0 (up to one week duration)
- g. Fall Break: as disclosed each year in EDU 2.0 (up to one week duration)

Course Enrollment

Student enrolled in programs involving more than one course, will complete the entire program on a course-by-course basis. Upon enrollment, students are sent a learning plan, which outline course completion schedule and order. KCFitnessLink reserves the right to alter schedules to meet business and academic needs. Students will not be enrolled concurrently in multiple courses unless specified by a course syllabus (e.g. 60 Hour Pathology and 60 Hour Nutrition III). Students cannot request to be put into future courses until work for all current courses are satisfied and deemed complete by the instructor. Students who do not pass a course may require remedial assignments and redoes of course material to meet school and instructor satisfaction. A 1-5 week transition may occur between online classes. These breaks and transitions should not affect a student's ability to complete a program in the estimate timeframe. In the event a course a completely canceled and not rescheduled, the student will be issued a refund or credit towards another program of study, as chosen by the student.

Course Maintenance, Online Classes with Open Enrollment

Traditional school calendars have additional planned time off in addition to regular academic breaks for course maintenance, which might include book upgrades, quiz and examination changes, as well as assignment changes. Because the program is continuous with open enrollment, we will honor scheduled time off for holidays and course maintenance.

Often course maintenance is required through third party Websites that we use and can come in an unforeseeable manner. In the event books and course materials are changed, students may experience enrollment delays into that specific course. Average delays may be 1-5 weeks as teachers receive new materials from education partners, update EDU 2.0 and partner portals. KCFitnessLink is not responsible for course material changes. We encourage students not to purchase course materials ahead for courses that they are not enrolled in to minimize duplicate purchases.

Online Course Communication & Office Hours

Students enrolled in EDU 2.0 should submit all assignments and send all communication through the EDU 2.0 portal, so that course communication is organized, traceable and in one place. To communicate with your instructor, within EDU 2.0 click the "teachers" tab in the navigation menu and click your teacher's name to send a message. All assignments should be loaded up to the "assignments" tab in EDU 2.0.

Office hours with your instructor are all by appointment. To request an appointment, send a message through EDU 2.0. Refer to the course syllabus for any specified office hours with your instructor.

As each instructor's office hours varies, please provide up to 48 hours for an instructor or administrator to respond to a course concern. There is no need to send duplicate messages during this 48-hour period.

Students are encouraged to set up formal check-ins/meetings with instructors at the beginning of the course.

Student Social Media Policy

Students may use social media in context of course resources and learning. The following are unacceptable uses of social media:

- h. Course complaints:** Students should voice course complaints to instructors, administration and applicable third parties. KCFitnessLink reserves the right to remove inappropriate social media postings that do not serve the best interest of students or KCFitnessLink. Students should give instructors and administrators feedback through course and program review. KCFitnessLink promotes the right to free speech and encourages students to use these rights in appropriate ways during their enrollment. Violation of these policies can result in written warnings or school expulsion.
- i. Violence, sexual harassment and threats:** KCFitnessLink discourages the use of social media to threaten, promote or support acts of violence, sexual harassment, and any other discriminatory behavior based on age, gender identity, race, sexual preference and religious beliefs among students or instructors.

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.

Students may contact the Better Business Bureau to file any complaints not resolved by KCFitnessLink at:

Better Business Bureau
8080 Ward Pkwy #401, Kansas City, MO 64114
Phone:(816) 421-7800
www.bbb.org

Yoga Teacher Training by Donation

KCFitnessLink offers 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.

Sliding Scale Registration

Registrants can simply choose how much they can afford for their training, a sliding scale from \$1,750 to \$3,750 (the normal price).

No other discounts and special incentives, work study scholarships, etc can be applied to the by donation special pricing.

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
- 3) 200 Hour Yoga Therapy Training Levels I

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.



Previous 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
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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: _____

- Check if Hybrid Yoga Program. Please include Hybrid Program Supplemental Application Materials

Dates: _____

Payment Type

- Credit card (online payment information should be included in application)
- Personal Check (mail)
- Cashier Check (mail)
- Mycaa
- Send me PayPal invoice by e-mail

Payment Amount

I would like to pay:

- Deposit for program _____
- Full amount of program _____
- Monthly Payments: Please choose ____ 12 ____ 24 ____ 36
(Monthly payment programs cannot be combined with any advertised discount)

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 deposits and payments are not refundable and only transferable to other KCFitnessLink programs or services.

Please list any dietary or special needs during your stay if applicable (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 missed coursework; credits or refunds are applied for any canceled courses (canceled by KCFitnessLink with no reschedule). 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: _____

Underserved Scholarship Application for Yoga and Ayurveda Studies

KCFitnessLink supports the spread of holistic healthcare opportunities to medically underserved urban and rural areas. Medically Underserved Areas (MUAs)/Populations are areas or populations designated by Health Resources and Services Administration (HRSA) as having: too few primary care providers, high infant mortality, high poverty and/or high elderly population. KCFitnessLink also supports the education of underserved minorities.

Search for MUAs by location here: <http://muafind.hrsa.gov/index.aspx>

Scholarships for \$1,250 are available to applicants meeting one of the criteria below:

- Is from (grew up in to age 18 or currently lives in) a medically underserved population as defined HRSA
- Is not from an underserved population but is willing to dedicate 100 volunteer yoga and/or nutrition service hours to these areas.

To apply for the scholarship:

- Write a letter of intent and include with this school application and enrollment agreement.
- Eligible programs:
 - 600 Hour Ayurveda, Nutrition & Yoga Online Class
 - Any live yoga program 200-1500 hours
- Detail in the letter: Your long-term career goals as it relates to the program and why you should be chosen for the underserved application.
- Include one letter of recommendation from someone who can vouch for you interest serving these communities or describe your upbringing in these communities.

_____ (initial) I understand the work underserved scholarship program is a legal agreement. Students in the scholarship program will not receive program certificates until all 100 hours of volunteer work hours have been completed. These 100 hours are in addition to the 10 hours of volunteer hours required in most KCFitnessLink certifications. If this agreement is canceled by KCFitnessLink, the student is responsible for repaying the scholarship funds not accounted for through the scholarship agreement.

Please mail application and payments to:
KCFITNESSLINK Mailing Address
3734 Wyoming Street, Kansas City, MO 64111

OR

Fax: 816.817.1192

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