

Share your Passion of Yoga & Holistic Health

Healthy lifestyle can prevent up to 80% of chronic disease. Not other medicine can do this. Take part in helping others revolutionize the way they live, eat and be active. – World Health Organization

Choose from our new 200 Hour Health Coach Certificate or our full 650 Hour Nutrition, Ayurveda and Yoga Coach. Both are online programs that allow you to study at your own time and pace. You can access course supplements online with links to eternal resources, podcasts, on-demand course lectures, Web conferencing and practicum work. We take a non-dogmatic approach to food, considering a person's preference, culture, needs, local environment and goals.

New - 200 Hour Health Coach Certificate



Online Curriculum:

- Overview of health coaching
- Models of behavioral change
- Motivational interviewing
- Eustress and distress
- Environmental impacts on health
- Health coaching research
- Ayurveda dosha balancing
- Scope of practice, referrals, ethics
- Business plans and value-add to yoga, personal training and CrossFit coaching

650 Hour Nutrition, Ayurveda, & Yoga Coach



Online Curriculum:

- 250 hour core content
+
- Detailed anatomy and pathology
- Herbalism
- In depth basic nutrition, sports nutrition and nutrition for health problems
- Introduction to yoga and meditation philosophy



Since 2005

Visit www.kcfitnesslink.com/online-holistic-nutrition-certification/