

The Center – Uniting Mind, Body and Spirit

200-hour Yoga Teacher Training and Personal Development Program

Thank you for your interest in our program. The Center has been hosting the Himalayan Institute Teachers Association's (HITA's) 200-hour Yoga Teacher Certification Program since September 2000 when The Center opened its doors. The Center began to use the curriculum and certification of HITA until September 2016, when it developed its own curriculum under its own certifying authority through the State of Wisconsin Educational Approval Program.

Yoga is an integral part of The Center's mission to empower our community to live a balanced life through dynamic programming and transformative services. The Center's 200-hour yoga teacher training program draws from traditional yoga theory and practice as well as modern knowledge of the body and mind. This program will maximize your effectiveness as a yoga teacher and yoga student by teaching time-tested tools for self-discovery.

As His Holiness Swami Rama, the spiritual charisma of The Center, has said, "we are all scientists and our world is for us to explore." This program will assist you in refining your scientific instruments – body, breath and mind – and skillfully use them for the inner exploration that is paramount in the human condition. The program will also prepare you for the important task of sharing these tools with others as a yoga teacher.

The authentic teachings and wisdom of the Himalayan Tradition is a living tradition. You will explore the intimate connection between body, breath, mind, and soul as you study and practice the eight-limbed royal path of Patanjali's *Yoga Sutras*. You will learn to teach the classic yoga postures and breathing practices that are the foundation of all yoga styles. You will experience the physical, mental, and emotional clarity that meditation provides, while you gain the knowledge and skills needed for teaching these life-changing practices or using them to help you unfold your purpose and meaning in life.

The Center provides a lovely, peaceful environment to personally develop your yoga practice and learn this authentic tradition, as well as prepare yourself for a profession of teaching yoga, if you wish.

Lynette Duley, MSN
Director

General Information

School Location

1020 S Main St, Suite D
Fond du Lac, WI 54935
920-921-9404
info@fcsh.org
www.fcsh.org

Certification

Participants who successfully complete the program receive Yoga Teacher Certification from The Center and are eligible to apply for the 200-hour level of registration (RYT) with Yoga Alliance. Certification requirements include: full attendance in the training and completion of required assignments.



Special Participation in Life of The Center Community

During your 200-hour teacher training program you will benefit from a special participation in the life of The Center.

- Discounts on special yoga and meditation classes
- Weekly inspirational and educational blogs from The Center team via email newsletter
- Invitation to the annual meeting of the Board of Directors
- Involvement with an active, growth-filled Yoga community

Program Overview

The program offers in-depth experience and discussion of:

- Asana practice and teaching methods
- Meditation practice and instruction
- Pranayama practice and instruction
- Relaxation techniques and instruction
- Class structure and sequencing
- Yoga philosophy and psychology
- Eight limbs of Raja Yoga
- Anatomy, physiology, and biomechanics
- Sanskrit language introduction
- Breath training
- *Bhagavad Gita*
- *Yoga Sutras* of Patanjali
- Introduction to Ayurveda
- Yoga's healing potential

The program has three parts. Full completion of all parts is required for certification.

- Teacher training classes
- Home study and practice
- Projects and assessments

Teacher Training Classes

Teacher training classes are on weekends at The Center or the Congregation of Sisters of St. Agnes' Founders Hall (both located in Fond du Lac). Saturday and Sunday classes are from 8:00 am – 5:00 pm with a 45-minute break for lunch. The class schedule for the 2025 training is as follows. The schedule is subject to change.

Orientation and welcome social:

Feb 28 (5:00-7:30 pm)

Regular classes: (all from 8:00-5:00)

Mar 1-2

Apr 12-13

Jun 7-8

Sep 13-14

Mar 15-16

May 3-4

Jun 28-29

Oct 4-5

Mar 29-30

May 17-18

Aug 23-24

Oct 25-26

Home Study

The following books are required during the teacher training.

- *Yoga: Mastering the Basics*, Sandra Anderson and Rolf Sovik
- *Yoga Anatomy*, Leslie Kaminoff and Amy Matthews
- *Moving Inward*, Rolf Sovik
- *The Secret of the Yoga Sutra: Samadhi Pada*, Pandit Rajmani Tigunait
- *The Practice of the Yoga Sutra: Sadhana Pada*, Pandit Rajmani Tigunait

The following resources are recommended to deepen your study:

- *The Key Muscles of Yoga*, Ray Long
- *The Key Poses of Yoga*, Ray Long
- *Science of Breath*, Swami Rama and Rudolph Ballentine
- *Exercises for Joints and Glands*, as taught by Swami Rama

- *Awakening Power in the Yoga Sutra: Vibhuti Pada*, Pandit Rajmani Tigunait
- *The Secret Power of Yoga*, Nichala Joy Devi
- *The Yamas and Niyamas*, Deborah Adele
- *Perennial Psychology of the Bhagavad Gita*, Swami Rama
- *Living with the Himalayan Masters*, Swami Rama
- *What Happened to You?*, Oprah Winfrey and Bruce Perry

Projects and Assessment of Knowledge

These assignments have been designed to engage students in the learning process. A final assessment will be used to determine mastery of the material and not to inflict stress. All attempts will be made to encourage passable mastery. All assignments and assessments must be completed in order to earn a certificate of completion.

Assignments

Students complete four assignments throughout the course of the program that are designed to be used as tools for self-reflection and growth. Further description of the assignments is available in the student manual and direction will be given in class.

1. Meditation practice and reflection
2. Teaching observation and reflection
3. Student teaching practice and reflection
4. Final teaching practicum and reflection

Faculty

Kelsey Beine, E-RYT 200, RYT 500, RCYT

Kelsey brings a vibrant and calming spirit to the practice of yoga. She holds a master's degree in organizational leadership from Marian University, where she has since taught a variety of courses. She enjoys developing academic curriculum around authenticity and self-care based in yoga philosophy and practices. Kelsey loves sharing her knowledge and joy of yoga – in formats ranging from asana classes and workshops to trainings and retreats – with individuals in a wide variety of spaces and from diverse backgrounds. She earned certification to teach hatha yoga and meditation in the Himalayan Tradition, as well as additional certifications to teach aerial, chair, restorative, vinyasa, yin, and children's yoga.



Luke Ketterhagen, E-RYT 500

Luke Ketterhagen graduated magna cum laude from Marquette University in Milwaukee, WI with a degree in Biomedical Sciences. After receiving his yoga teacher certification from the Himalayan Institute, Ketterhagen joined their permanent staff. He authored the Asana Basics column for *Yoga International* magazine from December 2003 to December 2004. Luke appeared as a model in numerous editions of the publication as well as in the best-selling book, *Yoga: Mastering the Basics*. Former owner and director of Uptown Yoga in Dallas, TX, Ketterhagen was Director of Programming and principal teacher at East West Yoga in Manhattan during its relaunch.



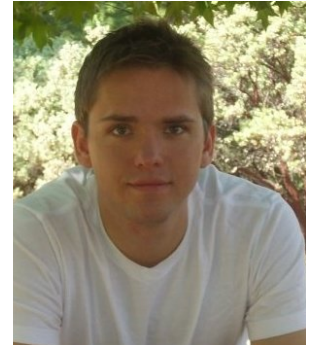
Michael Ketterhagen, Ph.D.

Michael holds a doctorate in Spirituality and Healing from The Union Institute and University of Cincinnati, Ohio. Dr. Ketterhagen is a retired theology professor at Marian University, Fond du Lac, Wisconsin. Michael used his dream for the FdL Center for Spirituality and Healing as the basis of his doctoral thesis, which opened in the fall of 2000. Michael is also one of The Center's Certified Yoga Instructors, having received his training through the Himalayan Institute in Honesdale, Pennsylvania. Michael has a lifelong commitment to his own spiritual growth and healing, vast knowledge on holistic living, and a strong desire to serve. He has taught yoga since 1978 and was certified by the Himalayan Institute as a 200-hour teacher in 1995.



Jeff Stieg, RYT 200

As an enthusiastic proponent of whole health and personal growth, Jeff lives his passion for well and sustainable living professionally and personally. Jeff's knowledge base is deeply rooted in personal practice, formal education and work experience. He holds a B.S. in Kinesiology and Health from the University of Wisconsin-Oshkosh and earned yoga teacher certification from the Himalayan Institute. In addition, Jeff is a certified Reiki Master practicing in the Usui tradition. Currently, he works as a wellness specialist in a corporate setting. His teaching style is mindful and holistic and is set in a light, fun, and energetic atmosphere.



Angie Vis Leiterman, RYT 200

Angie earned her RYT 200 in 2017 and has been teaching and learning ever since. She is currently working towards her RYT 500 through Yoga Medicine. She enjoys vinyasa flow, meditation, and restorative classes. Her favorite style is restorative as it provides a relaxing, meditative environment that allows one to nourish their nervous system and prioritize rest. Her goal during all classes is to help her students connect their minds to their bodies and appreciate all that their bodies allow them to do. She believes that yoga is for everybody and aims to provide poses and modifications that are accessible to all.



Tuition and Fees

All payments for the program are made to The Center as follows.

Application deposit	\$ 108
Tuition	\$ 2,891
Total	\$ 2,999

Tuition payment options:

1. In full
Cash/check: \$2,891 Credit card: \$2,993
Due March 1, 2025
2. In 2 installments
Cash/check: \$1,446 Credit card: \$1,497
Due March 1 and June 1, 2025
3. In 6 installments
Cash/check: \$482 Credit card: \$499
Due March 1, April 1, May 1, June 1, September 1, and October 1, 2025

Please note: any payments made past the designated due date will incur a 1.5% late fee.

Books, props, and other materials are not included in the tuition. The required textbooks total approximately \$100 and may be purchased online or at a local bookstore.

Cancellation and Refund Policy

The student will receive a full refund of all money paid if the student cancels within a three-business-day cancellation period.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

After completion of at least:	Prior to completion of:	The refund will be:
None	The first day of class	100%
1 unit/class	10% of the program	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	Beyond	No refund

As part of this policy, the school may retain a one-time fee of no more than \$100. The school will make every effort to refund prepaid amounts. A student will receive the refund within 40 days of the termination date. If a student withdraws after completing 60% of the instruction, and the withdrawal is due to mitigating circumstances beyond the student's control, the school will refund a pro rata amount.

A written notice is not required.

Students who utilize the cancellation privilege will receive a full refund within 10 business days.

School Policies

Non-discrimination

The Center welcomes diversity and does not discriminate on the basis of age, gender, marital status, national origin, sexual orientation, race, or religion.

Student Conduct

Students are expected to behave maturely. Students displaying disruptive behavior will be dismissed from the program. Disruptive behaviors include, but are not limited to: harassing other students, teacher, or staff, abusive language, possession or being under the influence of medically unnecessary drugs, chronic tardiness, behavior creating safety concerns, etc.

Dismissal and Re-admittance

Students who violate acceptable conduct will receive a written warning. A second violation will result in termination from the program. A student who was dismissed from the program may apply for re-admittance next class year. Re-admittance is not guaranteed.

Attendance

Attendance is noted at each class. Attendance is required for all teacher training sessions. If an absence occurs, the missed time must be made up in order to successfully complete the program. Make up is available but needs to be scheduled at a later time with the teachers.

Punctuality is expected. Tardiness to class will be dealt with individually by the teachers. More than 10 minutes late for a session may deduct one hour from total contact hours which must be made up in order to complete the program.

Leave of Absence

We do not offer a formal leave of absence. If an absence is anticipated for a long period of time, please contact the program director to determine the appropriate actions.

If a student cannot continue, the student will be given the option to continue in future courses beginning from the point of absence if re-admittance is granted within 2 years. If re-admittance is granted later than two years, the course must be started from the beginning.

The refund policy will apply to unused tuition.

Employment

With yoga's increasing popularity in the west, many corporations, hospitals, health clubs, and wellness centers are employing the use of yoga teachers. Yoga teachers are also responding to the increased popularity by setting up local yoga centers and studios. However, yoga teaching is often done as an expression of a passion through a part-time endeavor. In addition, many people take this program to deepen their own practice and may not have the intention to teach. With this in mind, we do not offer formal employment assistant services.

Advanced Standing

We do not offer advanced standing for any previous trainings or course work.

Student Records

All student records are kept by The Center in perpetuity. Only the student will be able to access their record.

Complaint Procedure

Students with concerns or complaints are encouraged to bring them to the attention of the director of The Center. The director's decision on all complaints is final.

If a resolution is not reached, students may contact the Wisconsin Educational Approval Board for further assistance at (608) 266-1996 or via email at ebmail@eab.state.wi.us.

School Code of Ethics

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental, and spiritual welfare of my students, and to uphold the dignity and integrity of the yoga teachings. Thus, I agree to abide by the following guidelines:

Relationships with Students

In recognition of the trust placed in me by my students, I agree to:

- Show only the highest regard for my students' personal beliefs and values.
- Offer my services of teaching yoga to all persons, regardless of sex, race, color, ancestry, age, marital status, political affiliation, or sexual orientation.
- Avoid an action that I know will conflict with the highest interests of my students.
- Avoid taking unfair advantage of students financially, sexually, romantically, or otherwise.
- Refrain from initiating a romantic or sexual relationship with a current student, even if initiated by the student. The required protocol for beginning a personal relationship with a one-time student is the following:
 - Once an attraction arises with a current student I am obliged to commence a three-month period where I will not (personally) see or teach the student. At the end of three months, I am free to see the person socially. For the next three-six months, I will have contact on a personal basis only. After which, if it mutually agreeable to both parties I can resume a "teaching" relationship with the student concurrent to our personal relations.
 - If circumstances arise where appropriate action is unclear to me, I agree to first discuss the issue openly and honestly with one of The Center faculty members before becoming involved with a student and thus violating the spirit and letter of this provision.
 - I fully acknowledge that this Ethics Protocol is intended to support the best interest of my students and the Yoga Profession.

Professional Conduct

In conducting my teaching practice, I will:

- Offer only those services that I am competent to provide.
- Not attempt to diagnose a student's physical or psychological condition, prescribe treatment, or suggest or approve of going against a physician's advice.
- Take continuing education courses in yoga teaching on a regular basis.
- Be honest, straightforward, fair, and conscientious in all business dealings
- Manage my business finances according to accepted business and accounting practice.
- Avoid speaking negatively about other teachers, styles, and/or Yoga traditions other than my own.

Advertising

In brochures, advertising, and other descriptions of my services (including verbal), I will:

- Make no exaggerated claims as to the benefits of yoga practice or my classes.
- Represent my training, qualifications, abilities, and affiliations accurately and unambiguously.

- Not falsely imply sponsorship by, representation of, nor endorsement by any organization.