

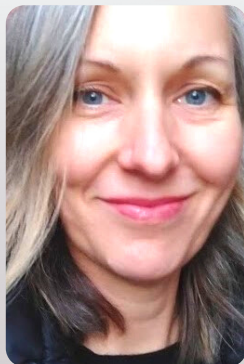
# ABOUT THE TRAINING COURSE

An empowering, transformational journey into the art, science, and magic of yoga. This dedicated experience is designed to be digestible and satisfying, expanding your yoga practice and ultimately yourself.

Three unique 8-12 week steps combine to give you a thorough education and Yoga Alliance Certification. These steps can be completed at once, or over time as it works with your unique schedule and season in life.

For those desiring to share their practice through the art of teaching, clear, nourishing content empowers you to create classes of substance within the joyful support and encouragement of community.

# INSTRUCTOR



**Kat Bettger**

Experienced  
Registered  
Yoga Teacher

Kat Bettger began teaching in 2005 and has accumulated over 10,000 hours of teaching. She has trained in Vinyasa, Ashtanga, Kundalini, Hatha, and taught restorative, prenatal, and private yoga to diverse populations. Originally from Southern California, Kat founded a beautiful yoga community in Bend, Oregon before moving to Oshkosh with her husband and two boys.

Kat teaches with sensitivity and authenticity, her classes are full-spectrum blends of creativity, structural integrity, spiritual influence, and self-care. Her perspective and direction drastically changed with her oldest son's diagnosis with Duchenne MD. She continues to deepen her understanding of what it means to live a life that is whole, healthy, and true.



O S H K O S H Y M C A

# YOGA TEACHER

T R A I N I N G



Presented by Kat Bettger, ERYT





# TEACH & CREATE PEACE



Learn technical and progressive cuing to develop the ability to teach anyone.

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Do something transformational for yourself that will also benefit your family and relationships.

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Make life-long friends and develop connections and accountability within a community of learners.

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Positively change your life.

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Find your self, find your voice.

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Grow and thrive.



## COURSE OUTLINE

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### ● LEVEL 1: STUDENTSHIP

For students who want to immerse into the practice more fully but do not yet feel called to teach. Here we explore how to get the most out of your time on the mat, creating a sustaining practice that impacts all areas of your life in a positive way.

8 weeks

September - October

### ● LEVEL 2: LEADERSHIP

For experienced students who hear a clear call to teach or a capacity to lead outside the yoga space. If you practiced yoga for a long time, this is your invitation to bring the benefits of your practice to the community and be of service. Here we explore the practical application of teaching with full support. Make mistakes, receive feedback and hone your craft before taking the seat of the teacher.

8 weeks

November - December

### ● LEVEL 3: SPACESHIP

Here you expand into a teacher. We explore your unique voice and energetic signature that will attract those who are looking for exactly what you have to offer. Bringing benefit, well-being and meaning to the lives you touch through your classes.

12 weeks

January - March

**All three levels combine for a Yoga Alliance Certification.**

## LEARN MORE & REGISTER

To learn more about this course, upcoming class dates, prices and more, please contact Brandy Hankey at 920-236-3380 or email [Brandyhankey@oshkoshymca.org](mailto:Brandyhankey@oshkoshymca.org).

[www.oshkoshymca.org](http://www.oshkoshymca.org)