



200-hour Yoga Teacher Training and Personal Development Program

2026 Catalog

The Center

Uniting Mind, Body, and Spirit

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Letter from Leadership

Namaste'

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 using 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.

The Center's Leadership Circle

*Kelsey Beine, Nancy Birschbach, Robert Kohl, Leigh Kohlmann,
Dean Malloy, Ken Moncrief, Teresa Moucha*

General Information

School Location

96 S National Ave
Fond du Lac, WI 54935
920-921-9404
info@fcsh.org | www.fcsh.org

Teaching Location

Congregation of Sisters of St. Agnes
Founders Hall
320 Cty Rd K
Fond du Lac, WI 54937

Leadership

The Grain of Wheat Community, doing business as The Center, operates under the following leadership:

Board co-chairs: *Leigh Kohlmann, Dean Malloy*

Board members: *Nancy Birschbach (treasurer), Robert Kohl (secretary),
Ken Moncrief, Teresa Moucha*

Yoga teacher training
program director: *Kelsey Beine*

History

The Center's roots trace back to the vision of Michael Ketterhagen, PhD, whose creation of the Grain of Wheat Community and doctoral dissertation on developing a spirituality center laid the foundation for what would become a hub of holistic wellness. The Fond du Lac Center for Spirituality and Healing was officially established on September 5, 2000, as a nonprofit organization dedicated to honoring the wholeness of the individual and the community.

Since its inception, The Center has trained over 300 Healing Touch practitioners and over 100 yoga teachers. We offer classes and workshops on meditation, yoga, Tai Chi, reiki, healing touch, sound baths, drumming circles, Native American talking circles, and kirtan. The Center has partnered with numerous community organizations to provide free and low-cost programs, making the potential for healing and spiritual growth accessible to those in greatest need.

The 200-hour Yoga Teacher Training (YTT) at The Center has been a hallmark program in which we pass along the teachings and wisdom of the Himalayan Tradition for over two decades. The program was first hosted in 2000, offering the Himalayan Institute Teachers Association's 200-hour Yoga Teacher Certification. Throughout the years, The Center's YTT has supported countless seekers' journeys of self-discovery and spiritual growth. As one of the only hatha YTTs in the region, this program has attracted trainees from across the Fox Valley and beyond.

Mission and Philosophy

The Center's mission is to support all individuals, regardless of belief, to access the True Self – our inner source of healing and connection with the Divine. The Center respects and honors many different spiritual traditions represented in the Fond du Lac area community. We hold

space for the sharing and experiencing of both our similarities and our differences. We are a collaborative group of individuals dedicated to supporting the holistic health and well-being of individuals and communities. We integrate diverse disciplines and modalities to address physical, mental, emotional, and spiritual wellness.

Our philosophy in the teacher training program is centered around the idea of direct experience. We believe that through our own practice of Yoga we are able to come to better know our own Self and connection with the Source of Life. Only when we have experienced this personally are we able to facilitate these experiences for others, as teachers. The blending and continual learning we experience through our own practice and teaching is significant in deepening our spirituality and sense of interconnectedness with all of Life.

Approval and Certification

The Center is an approved school through the State of Wisconsin DSPS Educational Approval Program. The Center is also a Registered Yoga School through [Yoga Alliance](#) – the international registering and credentialing body for yoga schools and teachers – and has retained this status since 2015.

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 200) with Yoga Alliance. Certification requirements include full attendance in the training and completion of required assignments.



Our 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 offerings
- Invitation to the annual meeting of the Board of Directors
- Involvement with an active, growth-filled Yoga community

Admission Requirements

Entrance Requirements

In order to be eligible for participation in this training program, students are required to have at least one year of personal yoga practice. While it is helpful if this experience is with hatha yoga, we welcome experience of any yoga style from any tradition (i.e. ashtanga, Iyengar, power, vinyasa, kundalini, bhakti, chair, yin, restorative).

Application Process

To enroll in The Center's 200-hour yoga teacher training, please submit the application via The Center's website: www.fcsh.org/yoga-teacher-training.

The application includes questions regarding your personal experience and practice of yoga, as well as a non-refundable \$108 deposit which will be applied toward your tuition costs.

In order to participate in the 2026 cohort, applications are due by **January 30, 2026**.

Students are notified of their acceptance and registration in the program within one week of submitting their application and deposit.

Late enrollments are not accepted. If the application deadline has passed, and you are interested in participating in the program, please contact The Center to express your interest in joining a future cohort.

Program Overview

The 200-hour yoga teacher training program develops students' integrated understanding of asana (postures), pranayama (breathwork), relaxation, and meditation in the spirit of the Himalayan Tradition. Our primary objectives in this exploration are to guide students in becoming advanced practitioners of yoga and prepare them to teach yoga to others.

Subject Areas

In alignment with Yoga Alliance's elevated standards for 200-hour registered yoga schools, the training program covers topics in the areas of:

- Techniques, training, and practice
- Anatomy and physiology
- Yoga humanities
- Professional essentials

Techniques, training, and practice

This subject area includes explorations of asana, pranayama, relaxation, and meditation. Students learn specific poses, key alignment principles, and sequencing techniques to maximize safety. Students also learn the effects of various techniques on the subtle (energy) body, including the koshas, nadis, and chakra system. In addition, students explore meditation in the Himalayan Tradition, following a systematic process that is open to including chanting and mantras. Permeating this subject area is a focus on accessibility and safety – making adjustments and finding variations that suit each person.

Anatomy and physiology

In this area, students learn the primary components of the human musculoskeletal system – major bones and muscles, joint types, and types of muscle contraction. Students also explore the nervous system – with a focus on the stress response and mind-body connection – as well as the circulatory and respiratory systems. From a biomechanical perspective, students examine joint movements and stabilization, contraindications, and adaptations to enhance accessibility.

Yoga humanities

Students are exposed to the vast history of yoga, particularly the lineage of the Himalayan Tradition and hatha yoga. This includes an exploration of the eight limbs of yoga and the relationship between asana, pranayama, and meditation, as well as an introduction to the Sanskrit language. Students are introduced to the major yogic texts – the Yoga Sutras and the Bhagavad Gita – with discussion around how these ancient teachings are relevant in our modern world. In preparation to serve as yoga teachers, students contemplate ethics around equity, accessibility, and scope of practice.

Professional essentials

This area includes study of teaching methodology – sequencing, cueing, and class management techniques that provide a safe environment and experience for participants. There are many practicum experiences where students practice teaching asana, pranayama, relaxation, and meditation to one another. They give and receive feedback from peers, as well as from the

faculty, to continue improving their teaching skills. Students are made aware of professional organizations related to yoga teaching, as well as continuing education opportunities, and are provided with foundational business knowledge to start teaching yoga upon completion of the program.

All subject areas are required for completion of the program.

Program Components

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

- Live classes
- Home study and practice
- Projects and assessments

Live classes

Classes are on weekends at the Congregation of Sisters of St. Agnes' Founders Hall (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 2026 training is as follows. The schedule is subject to change.

Orientation and welcome social:

Feb 6 (5:00-7:30 pm)

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

Feb 7-8	Mar 28-29	May 16-17	Oct 3-4
Feb 21-22	Apr 18-19	May 30-31	Oct 24-25
Mar 14-15	May 2-3	Sep 12-13	Nov 14-15

Final practicums are completed on the last weekend of training.

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 Teacher's Guide to Accessible Yoga*, Jivana Heyman

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
- *The Practice of the Yoga Sutra: Sadhana Pada*, Pandit Rajmani Tigunait
- *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 assessments

The assignments have been designed to engage students in the learning process. A final assessment will be used to determine mastery of the material. All attempts will be made to encourage passable mastery. All assignments must be completed in order to earn a certificate of completion.

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 directions 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

Students receive regular feedback from faculty throughout the program during the live classes. Additional feedback is provided on the above assignments. All are graded as “pass” or “fail.”

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 with a degree in biomedical sciences. After receiving his yoga teacher certification from the Himalayan Institute, Luke 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, Luke was Director of Programming and principal teacher at East West Yoga in Manhattan during its relaunch.



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 degree 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

Payment Options

You are welcome to choose one of the following payment plans that works best for you.

In full

Due February 1, 2026

Cash/check: \$2,891 Credit card: \$2,993

In 2 installments

Due February 1 and May 1, 2026

Cash/check: \$1,446 Credit card: \$1,497

In 4 installments

Due February 1, April 1, June 1, and October 1, 2026

Cash/check: \$723 Credit card: \$749

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

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.

Financial Assistance

Scholarships are available for students in need. To inquire and apply, contact Leigh Kohlmann at leadership@fcsh.org.

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	First day of class	100%
1 class	10% of 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, faculty, or staff, abusive language, possession or being under the influence of medically unnecessary drugs, chronic tardiness, behavior creating safety concerns, etc.

Dismissal and Readmittance

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 readmittance next class year. Readmittance 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 and must be scheduled at a later time with the faculty.

Punctuality is expected. Tardiness to class will be dealt with individually by the faculty. 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 readmittance is granted within two years. If readmittance 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 assistance services.

Advanced Standing

We do not offer advanced standing for any previous trainings or course work. Due to the comprehensive nature of the training program, we do not award credit or discounted tuition for prior learning. Our exploration of yogic teachings and practice through the Himalayan Tradition is integrative and holistic, requiring full participation in the full training.

Student Records

All student records are kept and stored confidentially, on password-protected devices, by The Center in perpetuity. Only the student and personnel of The Center will be able to access their record.

Complaint and Appeals Procedure

Students with concerns or complaints, or requesting appeals on decisions made by The Center personnel, are encouraged to bring them to the attention of the co-chair of The Center, Leigh Kohlmann, at leadership@fcsh.org. The co-chair's decision on all complaints and appeals 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 eabmail@eab.state.wi.us.

School Code of Ethics

By joining The Center's teacher training program, you agree to abide by the following personal and professional code of ethics.

As a teacher of yoga, it is my responsibility and privilege to support the physical, mental, and spiritual wellbeing 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.