



100 hour Coaching Certificate

Finally a holistic approach to weight loss and weight management!

YogaLean—not just a diet, but a way of life.

The 100 hour YogaLean™ Coaching Certificate

- Learn how to lead YogaLean™ weight loss clinics in your local area
- Discover new ways to motivate and retain clients
- Create a multifaceted holistic plan tailored to each Ayurvedic body type
- Explore healing options, supplements and clean eating programs
- Uncover your inner coach and become a better person
- Participate in a variety of healing rituals
- Manifest your vision to help others with their struggles
- Complete a comprehensive nutrition program and online certification

In order to complete the YogaLean™ Coaching program, upon completion of this intensive participants will be required to conduct practical workshops in their own community. With successful completion of those practical hours, as well as some online course work, participants will be certified as YogaLean™ Coaches and featured on the [YogaLean website](#).

Training	# of hours
Contact Hours	
YogaLean Coaching Essentials	20
2 day Nutrition (HWL) and online certification	20
Ayurveda I	20
Choose from:	20
<input type="checkbox"/> YogaFit® for Addiction and Recovery	
<input type="checkbox"/> Restorative Therapeutics	
<input type="checkbox"/> YogaFit® for Balancing Mood	
<input type="checkbox"/> Healing Emotional and Physical Trauma	
Non-Contact Hours	
Transformation Group Practicum	20
Total	100

A live HWL course will be hosted exclusively for you January 7-8, 2016 in beautiful Palm Springs. Click [here](#) to register.

Healthy Eating and Weight Loss Coach Certification

canfitpro, YogaFit® Canada's exclusive partner, is pleased to collaborate with YogaLean™ in the promotion of overall health and fitness. One of the largest components of health is nutrition and specifically, in the fitness industry, the demand for weight loss. [More than 78.6 million adult Americans are currently obese contributing to an annual medical cost of obesity, in the U.S., of \\$147 billion in 2008!](#) With rates of overweight and obesity rising steadily, and increasing evidence linking fat and inactivity to health problems, we need effective ways to work with clients.

As a part of the **100 hour YogaLean Coaching Certificate**, YogaFit® is offering a [Fundamentals of Nutrition](#) course, which is a series of free webinars that set the foundation for the [Healthy Eating & Weight Loss Coach Certification \(HWL\)](#) by providing education on nutrition and healthy living.

The [Healthy Eating & Weight Loss Coach \(HWL\) certification program](#) delivers healthy eating and weight loss information and strategies in a straight forward manner so you can confidently assist clients in making better choices more often, lose weight and lead a healthier lifestyle. The HWL program provides participants with the understanding of healthy eating, the value of regular activity and ways to reduce body fat to instill the knowledge required to lead healthier, happier, lives through health-conscious eating.

- Topics covered during the in class course include:
- The Science of Macronutrients and Micronutrients
- Goal Setting
- Understanding Healthy Food Choices
- How to Fuel your Workout
- The Psychology of Weight Loss and behavior modifications and Coaching for Healthy Habits

The format of the in-class course is a combination of role play, discussion and debate as much of the theoretical knowledge is gained during the online learning prior to the course. The in-class course is meant to facilitate the idea of "learning by doing."

Following the in class course, participants will have up to six months thereafter to complete the three hour online HWL exam, which is comprised of multiple choice and short answer questions based on a case study. Once participants successfully complete the HWL online exam with a mark of 80% or more, they will be issued their Healthy Eating and Weigh Loss Coach (HWL) Certification. The HWL program features an online course, and eManual and a live course, following by a live exam to prepare you to work with clients. Start with Fundamentals of Nutrition, a series of free webinars available to you by clicking [here](#).

