



OSHKOSH COMMUNITY YMCA

# YOGA TEACHER TRAINING INSTRUCTOR INTRODUCTION

## About Kat Seltzer Bettger

---

Kat started practicing yoga in 2000 and after 5 years of dedicated practice, primarily in the Ashtanga Vinyasa method, her life began to shift and she enrolled in teacher training. This shift required a rigorous and honest self-examination that led her to leave the path she was on and dedicate herself to the practice of finding union within the inconsistencies of her self and life – she began the practice of Yoga. With this perspective, Kat has taught Yoga for 19+ years, studied with a variety of internationally acclaimed teachers and extensively with Shiva Rea and Elena Brower. Through her teaching, Kat offers a spacious and nurturing pathway to wholeness – to a way of integrating all the pieces of one's self into a harmonious whole while healing feelings of separateness. Her classes are a sensitive and authentic full-spectrum blend of creativity, structural integrity, spiritual influence and self-care. Kat is authentic and compassionate and encourages and supports her students and friends with deep love and a sense of humor. Kat is a voracious reader, devoted wife and mother who is committed to whole food cooking and making choices that support a healthy, vibrant, and long life. Kat is currently enrolled in advanced Teacher Training studies with Selena Garefino.

## From Kat

---

I care about personal responsibility and creating space for self understanding.

I began teaching in 2005. I'm a mom. I have two boys – Bren is 15 and Owen is 12. My husband Nathan is a hospital chaplain and spiritual director. We also have two dogs – Brendan's service dog, Harley, she's a yellow lab and Wendell Berry our Welsh Terrier.

Before we moved to Oshkosh I founded a community yoga studio in Bend, Or and served as director of teacher training. This will be my 10th training total and my 5th in Oshkosh.

I have studied with amazing teachers. Through their inspiration and mentorship I have received profound gifts from my practice and I want to pass that on to the next generation of yoga teachers.

This YTT comes out of a deep desire to immerse in yoga, steep in the deeper meanings, and integrate understanding in service of community.

I established this teacher training to provide support and guidance for those wanting to start this incredible journey and in response to a need for yoga teachers who are authentic and teach meaningful classes in an accessible way.

The Y is inclusive and supportive and this program is foundational, inspirational, and transformational. Inherent in transformational work is intensity and change. Growth can be, at times, uncomfortable.

This program is for those who are looking to take their practice to a new level and refine their thinking actions in the process.

Oshkosh Yoga Teacher Training is a community for you to share and receive, be mentored to move towards mastery in applying yoga to your life, and gaining confidence to share it – however that looks to you.

This program is intensive but spacious and we are in this together! You and your soon-to-be-soulmates cohort will be moving through the journey together and I and with you every step of the way.