

225 hour

UpDog Yoga Teacher Transformation Training: Teach the Change You Want To Be



Fall 2010 225-hour UpDog Yoga Teacher Training September 19-January 3

Are you inspired by Yoga, and feel the calling to share your inspiration with friends and family? Do you find yourself drawn to demonstrating postures and techniques that resonate with you (and them), often while standing in line at Starbucks or the bank? Are you ready to transform your innate yoga-ness into the reality of successfully teaching yoga?

If the answer to any of the above is “yes,” UpDog’s 225-hour immersion is right for you. Designed specifically with those with a serious desire to learn how to teach yoga in the “real world,” and featuring UpDog’s popular, unique “team approach” to yoga training, our fall training system will offer:

- ॐ Daily asana, Pranayama and Meditation practice in (and around!) UpDog’s Studio A.
- ॐ Daily classroom and interactive sessions in UpDog’s Studio B Training Center.
- ॐ Methodology, practicum and techniques on Ashtanga, Vinyasa, Basic, Yin, Restorative, more!
- ॐ Instruction on living a Yogic Lifestyle.
- ॐ Unlimited Yoga at UpDog Yoga (Rochester) INCLUDED with tuition.
- ॐ Unlimited Yoga at White Lotus Yoga (Romeo) INCLUDED with tuition.
- ॐ Weekend Fall Color Retreat INCLUDED with tuition.
- ॐ Weekend New Year’s Silent Retreat INCLUDED with tuition.

Applications being accepted now! Early Bird Discount: \$2,499 for entire Fall Training (regular price: \$2,900). See our School Catalog Insert, or visit us online, for sign-up information!

UpDog Yoga School for Teachers is a dedicated, fully-integrated Yoga training center, located directly adjacent to UpDog Yoga’s main studio in scenic Rochester, MI (regularly voted one of America’s best small towns). Located in the Old Library building, our beautifully renovated, fully-wired teaching facility features classroom-style seating, broadband and streaming digital video access, in-studio “look ins,” interactive teaching feedback technology and a unique “Feng Shui” interior design. And, of course, UpDog is fully licensed by the State of Michigan and Yoga-Alliance® Certified.

