

SUMMER INTENSIVE

FREQUENTLY ASKED QUESTIONS

1. How many separate modules are there?

There are five main modules, each occurring one after the other:

- ☞ I: 5-day Foundations of Teaching (July 16-18, 22 and 29).
- ☞ II: 3-day Buddha Camp with Michael Johnson (July 19-21).
- ☞ III: 3-day Foundations of Yin & Vinyasa (July 23-25)
- ☞ IV: 3-day Principles of Alignment & Adjustment (July 26-28).
- ☞ V: 4-day UpNorth with UpDog Family Retreat (July 29-August 1).

2. Do I have to sign up for all five modules?

No. You can sign up for as few as one, as many as five, or in between!

3. What discounts are available? How does it work?

- ☞ Each module is \$450 Retail.
- ☞ Sign up for any one module before July 12, it's \$405 each.
- ☞ Sign up for two, three or four (before 7/12), it's \$360 each.
- ☞ Sign up for all five (before 7/12), it's \$1,500 total.

4. What other discounts are available?

- ☞ If you are a current or former UpDog Teacher Training Alumni OR a high school or college student (with valid student ID), each module is only \$360 (\$300 each for 2-4).
- ☞ If you sign up with a friend for the UpNorth with UpDog Retreat, it's only \$300 each.
- ☞ If you sign up children under twelve for the Retreat, it's only \$175 per child.

5. Can I sign up for just one day of, say, Michael's Buddha Camp?

Yes. Each module offers a \$150 day pass (\$100 for Module I). Sorry, no discounts!

6. I am a yoga teacher, or interested in getting certified as such. What do I get in terms of certification for participating?

- ☞ All Five Modules: 200-hour Yoga Alliance® Certification as Registered Yoga Teacher (RYT®).
- ☞ Each Separate Module: 30- to 50-hours for continuing education toward your 500-hour Registered Yoga Teacher Certification.

7. Are any books required for the module?

Yes. Each session has one or two required texts. These texts can be purchased by the student from anywhere; UpDog will offer each at 25% under retail (plus sales tax).

8. Do I have to be a Yoga Teacher to sign up?

No! These modules are designed for students of every skill level, and are intended to provide a deeply profound immersion into each module's specific yoga "field of interest."

9. Where do the modules take place?

Most modules take place in UpDog's Studio B Training Center. Many afternoons, students will also study and practice in UpDog's main Studio A. Additionally, some modules and extras will take place at Duane's Pool (about 2 miles N of UpDog on Rochester Road). All UpNorth with UpDog activities will take place in the Les Cheneaux Island District in Michigan's Eastern Upper Peninsula.

10. Is housing available for modules I through IV?

Yes, there is limited housing available in and around UpDog from local teachers and students at an extra (i.e., \$25-50 per day) cost. Please contact Duane Utech or Kate Lionas with specific requests (see below).

11. Are Michigan Works! Re-education Credits available for the program?

We think so. Unfortunately, we won't know for sure until after July 15, 2010. Please contact Duane with questions.

12. What extras are included with each module?

This varies, depending on the module. For example, those signing up for ALL FIVE MODULES receive a two-month Unlimited Yoga pass at UpDog Yoga AND White Lotus Yoga. Some modules include Vegan lunches or dinners; others include free body work at the Downtown Wellness Union or Movie Parties at Duane's House. Please check our website or visit us on Facebook for details on each module.

13. How do I sign up for the modules?

Students should complete the front side of the enrollment form available online, in-studio or via Facebook and submit to UpDog Yoga with their payment. Students signing up for all five modules (full certification program) must also complete the back side of the form.

14. Who is teaching each module?

Module I: Francis, Patty, Peggy, Natalie and Duane.

Module II: Michael Johnson.

Module III: Lynne Baum.

Module IV: Linda Kay.

Module V: UpDog Faculty and guest teachers!

15. Who should I contact with additional questions?

Additional questions should be directed to:

duane@updogyoga.com