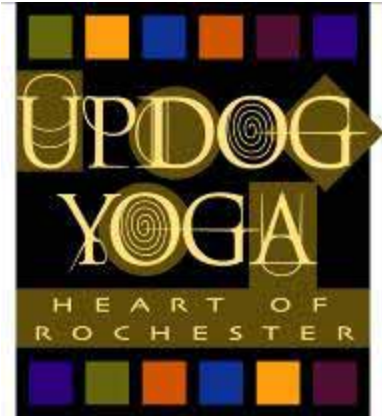


Summer Intensive Module I

Foundations of Yoga: A Real-World Approach To Teaching & Practicing Yoga



Dates: July 16, 17 & 18 (8:30am-7:00pm)
July 22 (8:30am-7:00pm)
July 29 (8:30am-7:00pm)

Certificate: 50 Continuing Education (CE) Hours

Location: UpDog Yoga Studio B (Primary)
UpDog Yoga Studio A (Secondary)
Duane Utech Poolside (some classes; weather permitting)

Overview: Join the UpDog and White Lotus team (see below) for an amazing journey into the foundations of yoga. Ideal for those beginning their career in yoga teaching, and for those who wish to deepen their understanding and appreciation of yoga. The class will include:

- 🌀 The Ethics of Practicing and Teaching (Patty Clark, E-RYT®)
- 🌀 Basic Yoga Anatomy (Francis Bujold, E-RYT®)
- 🌀 Developing Your Inner Voice (Peggy Klauer, E-RYT®)
- 🌀 Flow and Sequencing (Duane Utech, RYT®)
- 🌀 Basic/Restorative Flows (Peggy & Patty)



Extras: Pool Party on Saturday, July 17.
Hand-outs, Materials & Study Guides.
25% off all required reading books.

Reading: Key Poses of Yoga (Ray Long)
Sivananda Companion of Yoga (Sivananda)

Cost: \$450 (\$405 before July 12, 2010; additional savings for two or more modules).
Day Pass: \$100 for any one (1) day.
Refund: Standard UpDog Refund Policy (see Teaching Catalog/Web for details).

