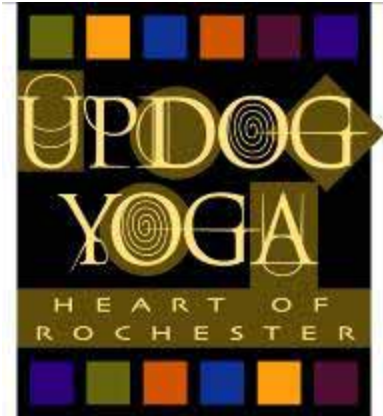


Summer Intensive Module II

Buddha Camp with Michael Johnson: A Three-Day Journey to Bliss



Dates: July 19 (8:30am-7:00pm)
July 20 (8:30am-7:00pm)
July 21 (8:30am-7:00pm)

Certificate: 30 Continuing Education (CE) Hours

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

Overview: Join UpDog Alumni Michael Johnson (E-RYT® 1000) for an three-day journey to bliss! Designed for students wishing to expand their teaching portfolios, or just looking for an amazing practice and learning experience, this three-day workshop will include:

- 🌀 The Essential Yoga Sutras
- 🌀 Jivamukti Yoga Intensive
- 🌀 Tibetan Heart Yoga Intensive
- 🌀 Flow and Sequencing



Extras: Vegan Dinner on Wednesday, July 21.
Hand-outs, Materials & Study Guides.
One (1) Free One-hour Body Work Session @ Downtown Wellness Union.
25% off all required reading books.

Reading: Essential Yoga Sutras (Geshe Michael Roach)
Jivamukti Yoga (David Live & Sharon Gannon)

Cost: \$450 (\$405 before July 12, 2010; additional savings for two or more modules).
Day Pass: \$150 for any one (1) day.
Refund: Standard UpDog Refund Policy (see Teaching Catalog/Web for details).

