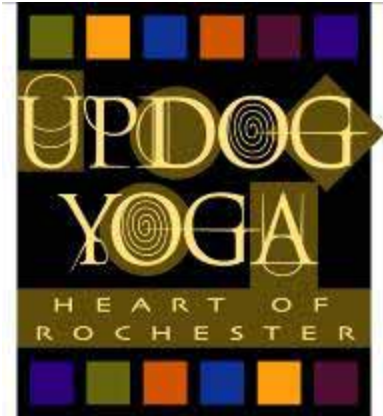


# Summer Intensive Module IV

## Principles of Alignment & Adjustment With Linda Kay



**Dates:** July 26 (8:30am-7:00pm)  
July 27 (8:30am-7:00pm)  
July 28 (8:30am-7:00pm)

**Certificate:** 30 Continuing Education (CE) Hours

**Location:** Beavertail Point, Cedarville, MI (UP; Primary)  
Cedar Campus, Cedarville, MI (tentative; lodging & food)  
Lake Huron Shores & Forests

**Overview:** Join one of Michigan's premiere yoga instructors (and one of Duane's favorite yoginis) Linda Kay as she visits UpDog for an amazing journey into the principles of alignment and adjustment. Intended for serious students and teachers who want to explore the edges of their yogic passion, the workshop will feature:

- 🌀 Principles of Alignment.
- 🌀 Standing Postures (adjustment & alignment).
- 🌀 Seated Postures (adjustment & alignment).
- 🌀 Flow & Sequencing.



**Extras:** Pool Party July 27<sup>th</sup>.  
Hand-outs, Materials & Study Guides.  
25% discount on required reading.

**Reading:** Ashtanga Yoga (David Swenson)

**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).

