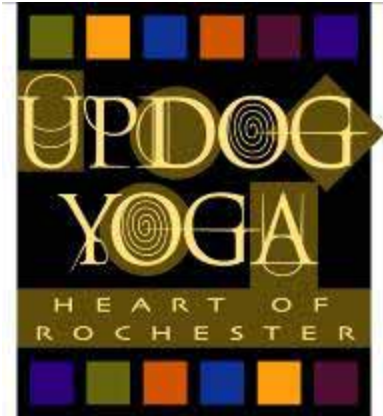


Summer Intensive Module V

UpNorth with UpDog: A Retreat for the Whole You!

Dates: July 29 (5:30pm-9:30pm)
July 30 (6:00am-9:00pm)
July 31 (6:00am-9:00pm)
August 1 (6:00am-12:00pm)



Certificate: 40 + 10 Continuing Education (CE) Hours

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

Overview: Based on the incredible success of our recent UpNorth with UpDog Memorial Day Retreat, UpDog will return to the scenic Les Cheneaux Island District for the culmination of this summer's intensives. Perfect for individuals, couples and families, the retreat will feature:

- ☸ Cabin-style Lodging.
- ☸ Breakfast, Lunch & Dinner.
- ☸ Sunrise, Morning and Afternoon Yoga Sessions.
- ☸ Kayaking, canoeing, sailing, fishing, swimming, bonfires, movie nights, evening meditation groups, guided meditation walks, sightseeing, mountain biking, hiking – the works!

Extras: Sign up with a Friend ... for only \$300 each!
Hand-outs, Materials & Study Guides.
Optional Body Work featuring Body Chitta Practitioners!

Reading: Miracle of Mindfulness (Thich Nhat Hanh)

Cost: \$450 (\$405 before July 12, 2010; additional savings for two or more modules).

Couples/Family Discount: \$300 each if enrolling together; \$175 for children under 12!

Refund: Standard UpDog Refund Policy (see Teaching Catalog/Web for details).

