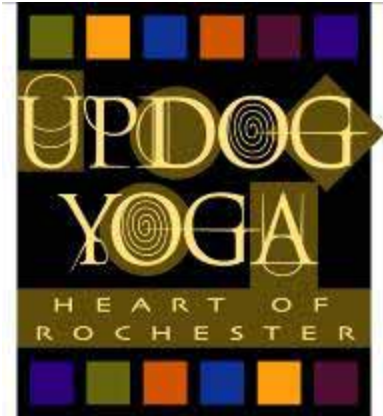


Summer Intensive Module I

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.

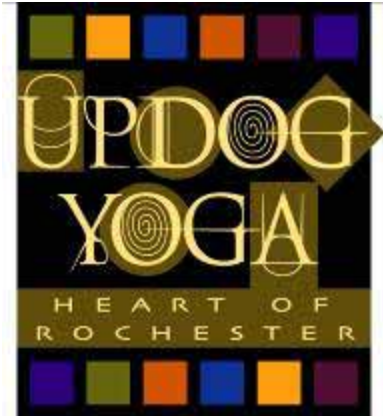
Reading: Key Poses of Yoga (Ray Long)
Sivananda Companion of Yoga (Sivananda)

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).



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.

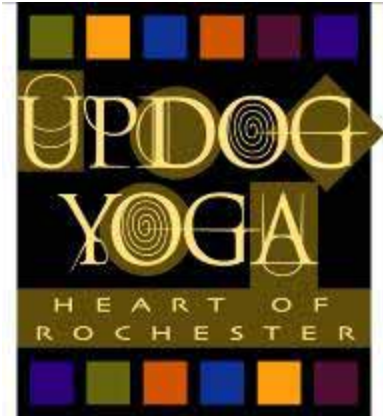
Reading: Essential Yoga Sutras (Geshe Michael Roach)
Jivamukti Yoga (David Live & Sharon Gannon)

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).



Summer Intensive Module III

The Yin and Yang of Yoga: A Workshop for Every Body With Lynne Baum



Dates: July 23 (7:30am-6:00pm)
July 24 (8:30am-7:00pm)
July 25 (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 senior UpDog Faculty Member Lynne Baum (E-RYT® 500) for a unique chance to play and explore the depths of your practice and teaching style! Designed for students who wish to teach and practice "on the edge," this module will include:

- 🌀 Key principles of Yin Yoga
- 🌀 Understanding Yang (Vinyasa) Yoga
- 🌀 Osho Meditation.
- 🌀 Flow and Sequencing

Extras: Poolside Movie Night July 24.
Hand-outs, Materials & Study Guides.
25% off all required reading books.

Reading: Yin Yoga (Paul Grilley)

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

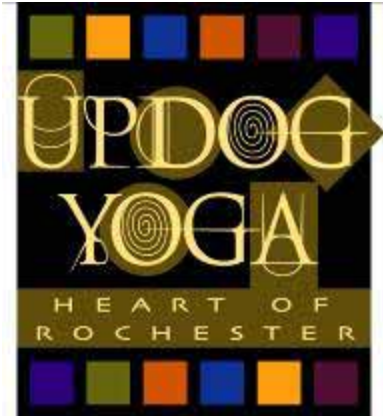
Day Pass: \$150 for any one (1) day.

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



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 27th.
Hand-outs, Materials & Study Guides.
25% discount on required reading.

Reading: Ashtanga Yoga (David Swenson)

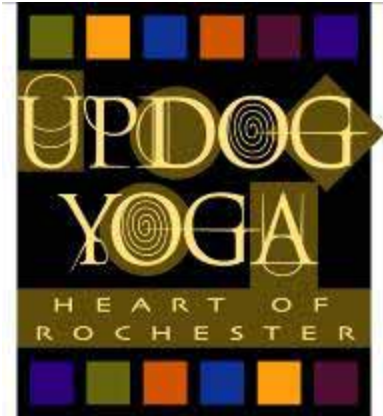
Cost: \$450 (\$405 before July 12, 2010; additional savings for two or more modules).
Day Pass: \$150 for any one (1) day.
Refund: Standard UpDog Refund Policy (see Teaching Catalog/Web for details).



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).



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

200 hour

T³ Student Enrollment Application

MODULES (check all your selections)

- Module 1: Foundations of Teaching
- Module 2: Buddha Camp with Michael Johnson
- Module 3: Yin and Vinyasa with Lynne Baum
- Module 4: Alignment & Adjustment with Linda Kay
- Module 5: UpNorth with UpDog
- 200-hour T3 (All Five Modules + 2-months Unlimited @ UDY and WLY).

PRICING:

| | | |
|-------------------------------|-----|--|
| Sign up for any one Module | ... | \$450 (\$405 before July 12, 2010) |
| Sign up for any 2-4 Modules | ... | \$405 each (\$360 each before July 12, 2010) |
| Sign up for all Five Modules* | ... | \$1,900 (\$1,500 before July 12, 2010) |

*Five-module price includes Yoga Alliance 200-hour certification upon successful completion.
Also includes two months unlimited yoga at UpDog (Rochester) and White Lotus (Romeo).

Cost Calculation:

Number of Modules You Are Signing Up For: _____
Cost per Module (based on pricing shown above): \$ _____
Total (Number times Cost) \$ _____

Make Check or Money Order payable to **UpDog Yoga, Rochester, MI 48307**

Refund Policy

All tuition and fees paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. An application fee of not more than \$25.00 may be retained by the school if the application is denied. All tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. All refunds shall be returned within 30 days." Once the 3 business days have elapsed no refunds will be given.

Name: _____
Address: _____
City/State/Zip: _____
Cell Phone: _____
Other Phone: _____
Email: _____
Years Practicing Yoga: _____
Type(s) of Yoga Practiced: _____
Studio(s) Where You Practice: _____

FOR 200-HOUR ENROLLEES: Please use the back side of this application to provide additional information about your desire and intention of becoming a yoga teacher. Please answer each question as fully as possible; use additional sheets of paper, if desired. All answers will be kept in strict confidence.

UpDog Yoga, Inc.
200-hour Teacher Transformation Training
Student Application
(cont'd)

Why do you want to become a yoga teacher?

What do you want to accomplish with this teacher training?

Do your friends and family support you in this training?

Do you have any medical issues or limitations?

What specific styles of Teaching are you most interested in (Ashtanga, Vinyasa, Yin, etc.)?

Have you participated in other Teacher Training programs? If so, which ones?

If you were stranded on a desert island, which book, album and movie would you take (assuming you had something to play them on!)

Book:

Movie:

Album/CD:

Other information, thoughts, considerations you feel are important:

