



UPDOG & WHITE LOTUS YOGA PRESENT 2010 TEACHER TRANSFORMATION TRAINING

SUMMER TRAINING INTENSIVES July 16-August 1, 2010 30- TO 200-HOUR MODULES

Module 1: Foundations of Teaching

UpDog/White Lotus Staff (Includes Pool Party 7/17)
July 16-18, July 22
Module Cost: \$450
Certificate Hours: **50**



Module 2: Buddha Camp with Michael Johnson

July 19-21 (Includes Vegan Dinner 7/21)
Module Cost: \$450 (Includes one (1) 60-min. Bodywork Session)
Certificate Hours: **30**

Module 3: Foundations of Yin & Vinyasa

With Lynne Baum (Includes Vegan Dinner 7/24)
July 23-25
Module Cost: \$450
Certificate Hours: **30**



Module 4: Principles of Alignment & Adjustment

With Linda Kay (Includes Pool Party 7/27)
July 26-28
Module Cost: \$450
Certificate Hours: **30**

Module 5: UpNorth with UpDog Retreat

In the Les Cheneaux Islands
July 29-August 1
Module Cost: \$450
Certificate Hours: **50**



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).