



UpDog Yoga Presents

500-hour Level Advance Teacher Training (ATT) (RYT® 500 Certification)

Teach the Change You Want to See



20,000,000 Americans now call yoga their primary form of fitness. That makes the need for competent, certified yoga instruction more pressing than ever. Developing a mindful, integrated, therapeutic yoga experience for each of your students demands the highest levels of

professional yoga training and expertise. And there is currently no higher level of recognized certification than Registered Yoga Teachers (RYT®) at the 500-hour teaching level.



500-hour Advance Teacher Training Program

With this unique program, UpDog Yoga's proven, real-world approach to yoga teacher training will offer successful applicants a "fast track" to their 500-hour certification. All training will take place at UpDog Yoga training facilities, and will provide 500 cumulative contact hours in the applications of the latest advances in yoga instruction. Highlights include:

- ☯ Study of individual modalities, class customization and therapeutic instruction.
- ☯ Techniques and methodologies.
- ☯ Case studies and research protocols.
- ☯ Yoga philosophy, ethical underpinnings and real-world practice.
- ☯ Health care policies, business ethics and practical applications.
- ☯ Practical field work teaching the widest range of students via The Om Squad.
- ☯ Integrated yoga feedback sessions designed to improve delivery skills
- ☯ Extensive, hands-on application of adjustment techniques and asana modification for a wide range of modalities.





How to Apply

Student admission is determined by application (available online, or in-studio), followed by an interview with the core teaching team. A \$200 deposit must be submitted with your application. Successful applicants may be required to attend a two-day “bridge program” (affectionately known as “Buddha Camp”) prior to commencing training.

Pre-Requisites

You must be currently registered with the Yoga Alliance at the 200-hour RYT® level.

Graduation

Upon successful completion of course requirements, graduates will receive a Certificate of Completion as an RYT® 500.

Tuition \$3,600

\$3,600 tuition includes the two-day bridge program, all class sessions, a three-day Memorial Day Retreat, selected workshops and a 6-month unlimited yoga pass at both UpDog Rochester and White Lotus Romeo. Cost does not include student’s mat or books (approx. \$150).



Savings/Payment Options

“Study Buddy”

Savings Plan: Two students applying together pay only \$6,400 total (save \$400 per buddy!).

Payments: Tuition can be paid in up to four (4) equal installments over the first four (4) months of the training program. Students paying tuition in full prior to March 1, 2012 receive additional savings of 5% (3% if paid in full prior to March 22, 2012). Sorry, no student/senior discounts for this program.

Key Dates

Registration Opens: February 1, 2012
Registration Closes: March 31, 2012
Interviews: Throughout February
Bridge Programs: March 3-4, 2012 or March 24-25, 2012
Training Begins: April 14, 2012
Training Concludes: August 2012 (full schedule TBA)

For More Information

Contact duane@updogyoga.com



500-hour Level ATT (RYT® 500 Certification) Frequently Asked Questions

Does my RYT 200 have to come from UpDog Yoga?

No. It can come from any Registered Yoga School (RYS).

Does my RYT 200 have to be registered with the Yoga Alliance?

Yes. You must have a current, valid registration number with the Yoga Alliance.

When/where does training take place?

All training will take place at UpDog Yoga in downtown Rochester (except for the Retreat). Training will occur roughly 3-4 days per month over the 5- to 6-month run of the program (typically on Saturdays, or Saturday/Sunday micro-intensives).

How does the Study Buddy Discount work?

You and your best yoga friend(s) want to take training together. You sign up at the same time and save big time.

Is student housing available for the dates of Training?

Limited housing for out-of-town students is available. Contact duane@updogyoga.com for info.

Do I have to attend the Bridge Program?

Yes, with one exception: if you have already received your 200-hour RYT directly from UpDog Yoga School for Teachers, you may be eligible to skip the bridge program.

Do I have to attend every session?

You are encouraged to attend every session, however, life sometimes happens. If you know up front that you will be missing a few sessions, please mention these dates during your interview so that make-up time can be arranged for the sessions you miss.

What if I pay in full prior to the start of training?

Students paying tuition in full prior to March 1, 2012 receive additional savings of 5% (3% if paid in full prior to March 22, 2012).

Where/when is the Retreat?

The Retreat will take place in Northern Michigan around Memorial Day. Traditionally, this has taken place at locations like the Les Cheneaux Islands in Michigan's scenic Eastern Upper Peninsula, Song of the Morning Ranch in Pigeon River, Michigan, etc. Exact timing and location for the Memorial Day retreat TBA.

What if I can't make the Retreat?

Contact hours missed by not attending the retreat will need to be made up prior to graduation (make-up timing TBA; extra cost may apply)

Do I have to practice at UpDog or White Lotus?

You are of course encouraged to practice wherever and whenever you chose. You do receive free unlimited yoga for the duration of the training program at two studios, any class, any time, including free workshops.

Whom do I contact for more information?

You may contact the School Director at duane@updogyoga.com.