

A Weekend with Michael Johnson!



March 27-28, 2010

Joined beloved UpDog Alum Michael Johnson as he returns to rock his roots for a memorable **TWO-DAY, SIX-SESSION WEEKEND** of teachings, food, music and fun! **Pre-registration required for all sessions!**

Saturday, March 27

Tibetan Heart Yoga: A Journey In

1:00pm-3:30pm

Asana Practice, Teachings and Meditation

In the Tibetan Heart Yoga Tradition

\$40 in advance; \$50 after March 24th



Sunday, March 28

Vinyasa with Michael

8:30am-10:00am

Special UpDog Studio A Class

Active UpDog Students*: Pulls two (2) from class packs (Non-Active Guests: \$25)

(*Active Student: must have practiced at UpDog at least once in past six months).



Tibetan Heart Yoga Teacher Training

10:00am-4:00pm

In the new UpDog Studio B Training Center

Free for current T³ team

\$150 for UpDog Teacher Training Alumni

(\$125 if registering by March 21st)

\$175 for all other certified (200-hour+) RYT® Teachers

Includes gourmet vegan lunch by Devika and YogaAhar®!

Limit: 15 non-T3 participants

Sunday, March 28 (cont'd)

Ashtanga with Michael

4:00pm-5:30pm

Special UpDog Studio A Class

Active* UpDog Students: Pulls two from class packs

Non-Active Guests: \$25

Limit first 40 students

Pre-Registration Recommended.

Basic I with Meditation with Michael

6:00pm-7:30pm

Special UpDog "Studio A" Class

Active UpDog Students: Pulls two from class packs

Non-Active Guests: \$25

Limit first 40 students

Pre-Registration Recommended.

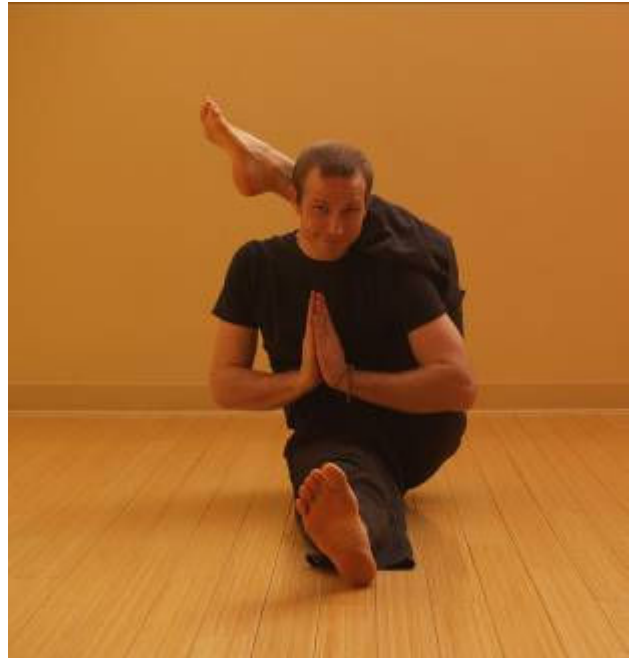
Dharma Essentials

7:30pm-9:00pm

Discussion and Meditation

Special UpDog "Studio A" Class

Open to general public with \$10 donation



*(*Active Student: must have practiced at UpDog at least once in past six months).*

More Michael ... for Less!

Sign up for 3/27 THY Workshop and 3/28 Teacher Training Intensive for **only \$150!**

Must pre-register before March 21, 2010!

