

UpDog Yoga

Teacher Transformation Training (T³)

Frequently Asked Questions

(updated 1/31/10)

Q: I am already signed up for Buddha Camp (and/or Lynne's Osho Meditation,) – do I deduct the amount I paid for that from my T³ costs?

A: Yes. If you paid, say, \$400 for Buddha Camp (or \$30 for Lynne's Workshop), you would deduct that \$400 from the total cost of your T³.

Q: What if I can't make the Memorial Day Retreat? Will I still be able to graduate on time? Will I have to pay for another retreat?

A: You will not have to pay for another retreat. Instead, you will automatically be included in the next scheduled UpDog Retreat (tentatively scheduled for July 2010). However, you WILL need to complete an end-of-program Retreat to complete your 225-hour T³ requirements.

Q: Please clarify the discounts – when will my money need to be in, how does the “Study Buddy System” work, what if I am an UpDog Annual or Semi-Annual Member, etc.?

A: All students who pay their \$200 deposit on or before February 8th, 2010, AND pay at least ½ of the discounted \$2,610 price before the start of the program (February 25th) receive the 10% discount. If you are an UpDog “Member,” and you pay as outlined above, you receive an additional 5% (\$145) off. If you sign up together with a “Study Buddy,” you receive an additional 5% (\$145) off! NOTE: UpDog or White Lotus employees are NOT considered “Annual/Semi-Annual Contract Members.”

Q: How do the payment plans work?

A: Your remaining balance, if any, will be divided into three equal payments. Those payments will be billed to your credit card (or paid in whatever other way you choose, check, auto debit, etc.) on or around the 25th of March, April and May.

Q: How do the “Scholarships” affect this payment?

A: Any “scholarships” are strictly work-study. If selected, you will be assigned specific job functions at either UpDog Yoga or White Lotus Yoga, for which you will be paid (via check) at the rate of \$10 per hour (you will need to keep a time log, fill out

employment information, etc.). You can then use this added income to help offset the cost of your training.

Q: Would Yoga Alliance Certification have to come through before training started for this group of teachers to qualify for that?

A: No. Yoga Alliance tells us that as long as our program is certified by the end of training, all students who successfully complete that approved training would be prorated and be eligible to register with the Yoga Alliance.

Q: Do we have to practice in a “studio” to complete the “40 days of yoga” and “40 days of meditation” requirement?

A: No. You will be on the “honor system” for completing this program requirement. You will, however, be asked to keep a detailed log of the times, dates and types of yoga (or meditation) practiced during this time.

Q: Where will training take place?

A: All training is currently scheduled to take place in and around the Old Library Building, mostly within the UpDog Studio and across the hall in the Downtown Wellness Union Training Center. Some training (like the Weekend Retreat) will take place outside UpDog.

Q: Will I automatically receive my certification after completing the program? What Certification do I receive?

A: Students who successfully complete all T3 requirements will receive two certificates of completion – one that can be submitted to Yoga Alliance to receive their “200-hour Registered Yoga Teacher (RYT) certificate,” and another “225-hour Certificate” that allows them to automatically take advantage of teaching opportunities at UpDog and/or White Lotus. It is possible to receive the Yoga Alliance Certificate, but NOT the UpDog/White Lotus Certificate, depending on the level at which you pass each of the requirements.

Q: Is there another Information Meeting scheduled?

A: Yes. We will be hosting one more Information Meeting on Monday, February 8, 2010, for all who are interested in taking the Training. The meeting will take place from 6:00pm-7:15pm at the Downtown Wellness Union (across the hall from UpDog).