UpDog Yoga Studio

Spring 2027

RYT200 Yoga Teacher Training

Student Enrollment Application



For more information, please call: 248.608.6668

email: jill@updogyoga.com

Dear Future Yoga Teacher,

We personally want to thank you for taking an interest in the *UpDog School For Yoga!* Yoga Teacher Training is a wonderful experience that will enrich your life in so many positive ways, both during training and following graduation from the course.

Our program is open to ALL experience levels aspiring to learn, with no prerequisites. Yoga practitioners come to our training from all different walks of life. Students are encouraged to use this course to begin or continue a path of self-exploration and acceptance. Even if you don't plan on teaching professionally, the personal benefits of Yoga Teacher Training are profound.

Not only will you learn the fundamentals of Yoga and grow your own personal practice, but most importantly, Teacher Training is a *Rite Of Passage* that will help you grow as an individual to find more happiness and fulfillment of Mind, Body and Spirit. It is a very individualized and personal experience that pushes our limits, expands our horizons, and opens our heart and mind to shine brightly out into the world with love and compassion to help and teach others.

The UpDog School For Yoga can help you begin an open-hearted journey to becoming a Yoga Instructor as you learn how to share what you love with others – it's the best thing you'll ever do! UpDog's curriculum is both heart and spirit based, helping students learn the skills necessary to teach mindful, therapeutic Yoga for every body – whether your style is Ashtanga, Vinyasa, Basic Hatha, Slow Flow, Therapeutic/Gentle Yoga or Yin – as we appreciate and embrace them all.

UpDog's School For Yoga is one of Michigan's premier Yoga schools and one of the area's only RYS200 & RYS500 Yoga Alliance endorsed schools. Over the past 27 years, UpDog Yoga has helped train hundreds of Michigan's strongest, most successful Registered Yoga Teachers and studio owners ... and now it's your turn!

- UpDog teachers and staff are some of the most experienced in the industry, many with the highest certifications available from Yoga Alliance, including E-RYT500 and C-IAYT.
- You will learn from the best and receive personalized attention as part of our RYT200 Teacher Training Certification program.
- We also offer RYT200/RYT500 Continuing Education Credits (CEC) by attending one or more of our training session modules. This is especially helpful if you are new to teaching, have not taught for any length of time, wish to hone your skills or desire further attention in certain areas not covered by a previous training. Examples of available modules include: class flow construct, adjustments, anatomy, teaching in a studio setting, and the business of Yoga among many other topics. You can submit the hours you complete as Continuing Education Contact Hours toward your Yoga Alliance Continuing Education requirements.

If you are already looking *within,* you are searching in the right place. Let us help you on your journey with the experience of a lifetime. We'd love to include you in our program. Please contact Jill with any questions you may have and to discuss your teacher training goals. *Namaste!*

Sincerely,

Jill Rocker, Program Director
jill@updogyoga.com
248.608.6668

Student Enrollment Application

UpDog Yoga RYT200 Yoga Teacher Training Program: Spring 2027

Application Process:

- Complete this Application form and submit with a $250 deposit payable to "UpDog Yoga" in person, by mail, or credit card via phone. Cash, check, debit or credit cards are accepted for all payments.
- **Receive a $100 discount off the $2,900 total tuition cost if your completed Enrollment Application and $250 deposit is submitted prior to January 20, 2027.**
- Upon receipt and review of your application, we will schedule a brief call or in-person meeting at the studio to confirm your placement in the Program.
- Please note: Participation in the Program is limited in order to ensure adequate instruction and attention to each student. Applications will be reviewed and accepted on a first-come, first serve basis.
- Questions: Please contact **Jill Rocker, Program Director**, email: jill@updogyoga.com or 248-608-6668. In the event your call is not answered, leave a message and you will receive a prompt response.

Name:_____

Address:_____

City:_____ State:_____ ZIP:_____

Cell Phone:_____ Alt. Phone: _____

Email:_____ Date of Birth: _____

Emergency Contact Name & Phone:_____

_____

Years/Mos. Practicing Yoga:_____

Studio(s) Where You Practice:_____

What do you most want to accomplish with this Yoga Teacher Training?_____

_____

_____

Are there any specific styles of Yoga you are most interested in (i.e, Ashtanga, Hatha, Vinyasa, Yin, etc.)?

_____

Student Enrollment Application (continued)

UpDog Yoga RYT200 Teacher Training Program: Spring 2027

Have you participated in any other Yoga Teacher Training programs in the past? If so, please briefly describe._____

_____

Briefly describe any other formal training you have had in body/mind modalities, movement, energetic or spiritual practices/methods (i.e, sports, dance, pilates, reiki, meditation, etc)._____

_____

Yoga Teacher Training is often transforming and challenging physically and emotionally. Please tell us anything we should know about your overall health and fitness level. Describe any injuries, illnesses or physical, mental or emotional limitations. Please list any prescription medications you are currently taking and what they are for. Note: Illness, disability or injury will **NOT** prevent your acceptance into this program.

_____

_____

Do you have any questions about the Teacher Training Program that are not addressed in the School Catalog? Any other information, thoughts or considerations you would like to share?_____

_____

How did you learn about the UpDog Teacher Training Program?_____

_____

I certify that I have received, read and understand a copy of the UpDog School For Yoga Program Overview. I accept the conditions, requirements and agreements herein for the Program and the required tuition, fees, payment schedules, and refund policies. I understand that I will not receive my Certificate of Completion from UpDog Yoga until I have successfully completed all program requirements for graduation and have paid my tuition 100% in full. I declare the health information I have given is true to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for rejecting this application, expulsion from the program, or revocation of certification. I understand I am entitled to an exact copy of this Enrollment Agreement and any other papers I sign. I hereby agree to abide by the conditions set forth herein:

Today's Date:_____

Applicant Signature:_____

Parent/Guardian Signature (if applicant is under age 18): _____

We look forward to welcoming you into our program. *Namaste!*

Jill Rocker, Program Director, UpDog Yoga Studio

Tuition Payment Plan Options Form

UpDog Yoga RYT200 Teacher Training Program: Spring 2027

Select One:

☐ One Payment In Full (save $200) **$2,700**

Your $2,700 tuition (includes deposit) must be paid in full **prior to February 1, 2027** to qualify for $200 discount

☐ 3 Installment Payments of $884 each* **$2,900**
(plus $250 deposit)

- Deposit/Registration Fee due with Enrollment Application: $250
- Payment #1 due 1st day of Training: $884
- Payment #2 due 30 days after start of Training: $884
- Payment #3 due 60 days after start of Training: $882

* Note: All payments made by credit card will incur an additional 3% transaction fee. Certificate of Completion Diploma will not be awarded until such time as all payments to UpDog Yoga for the total cost of tuition are 100% paid in full.

Alternate or extended payment plan options are available, on an as-needed basis upon request, and should be discussed in advance.

Apply by submitting the following in person, by email, or regular mail:

- This Completed *Payment Options Form*
- Completed *Student Enrollment Application Form*
- $250 Deposit/Registration Fee (cash, check, Apple/Google pay, credit or debit card in person. Debit or credit card payments are also accepted via phone. Note: All credit card payments will incur an additional 3% transaction fee)

Today's Date:_____

Applicant Signature:_____