Fall YOGA teacher training

RYT200 Yoga Teacher Training

Spring 2027

March 7 – June 13, 2027



Learn To Share What You Love
Enroll Now & Save!

- Download our Enrollment Application at www.updogyoga.com/teacher-training

- Save $100 off tuition with $250 deposit prior to January 20, 2027
- Additional $200 discount available for full tuition payment prior to February 1, 2027
- FREE Unlimited Yoga Classes, from date of deposit and throughout the training, at both UpDog-Rochester and UpDog-Sterling Hgts. studio locations ($1,600 value)

Email: jill@updogyoga.com
Call: 248.608.6668

UpDog School For Yoga can help you begin an open-hearted journey to becoming a Yoga Instructor. 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 skills to teach mindful Yoga for everyBODY– whether your style is Ashtanga, Vinyasa, Slow Flow, Basic or Yin.

We're accepting applications for our 13-week Spring Training which begins Sunday, March 7 – June 13, 2027 (sessions meet weekly on Sundays 7:30AM-4PM). Training consists of weekly training modules covering all core curriculum in accordance with Yoga Alliance.

Students will become immersed in and learn:

Yoga History & Philosophy: Foundations of teaching Yoga, ancient teachings of the Yoga Sutra, Eight Limbs of Yoga, living the Yamas & Niyamas in a modern world

Asanas: Teaching safely in the styles of Ashtanga, Basic, Slow Flow, Vinyasa and Yin including benefits, precautions, principles of alignment and modifications

Ashtanga Yoga Intensive Deep dive into understanding, practicing and instructing in the primary and secondary poses of this noble practice

Foundations of Basic & Yin: Understanding anatomy, modifying Basic and Yin practices for specific therapeutic modalities and more

Foundations of Slow Flow & Vinyasa: Linking postures, breath and movement into a more vigorous flow, developing class formats and class pacing

The Art of Adjustment: Understanding techniques and benefits of mindful, supported adjustments

Teaching Methodology: Discovering what it is to be a Yoga teacher; class construct, sequencing, music mixing, finding your personal teaching style and expression. In-depth practice teaching sessions with feedbacks, gradually building to 60-minute classes.



Over the past 27 years, UpDog has trained and certified hundreds of Michigan's strongest Yoga teachers and studio owners:

- 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.