



Spring YOGA teacher training

RYT200 Yoga Teacher Training Spring 2019 March 3 – June 9, 2019



Learn To Share What You Love
Enroll Now & Save!

- Download our Enrollment Application at www.updogyoga.com/teacher-training
- Save \$100 off tuition with \$200 deposit prior to Jan. 15
 - Additional \$400 discount available for full tuition payment prior to start of training
- FREE Unlimited Yoga Classes, from date of deposit and throughout the training, at UpDog-Rochester and UpDog-Sterling Hgts. plus our partner studios

Email: jill@updogyoga.com

Call: 248.608.6668

www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 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 3 – June 9, 2019 (sessions meet weekly on Sundays 8AM-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 poses of this noble practice.

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

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 17 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.