



Become a Registered Yoga Teacher®!!!

Over the past 16 years, **UpDog Yoga** has helped trained hundreds of Michigan's strongest, most successful Registered Yoga Teachers (RYT®). And now it's your turn!



Applications are now being accepted for the Spring Semester, beginning **Friday, March 3, 2017**. After our Friday welcome session, training takes place every Sunday for 17 sessions (7:30am-5:30pm). All you need is a desire to teach the change you want to see!

- ॐ UpDog is a **State-Licensed** Teaching Curriculum.
- ॐ UpDog is one of our area's **ONLY** 200-hour AND 500-hour Yoga Alliance-Certified Schools.
- ॐ Our 600+ grads have taught, or are teaching, at virtually **every studio in Southeast Michigan**; many graduates **own their own studios!**
- ॐ UpDog's curriculum is both "heart" and "spirit" based, helping each student learn the skills necessary to teach **mindful, therapeutic yoga for every body!**



- ॐ Based on post-graduate surveys, **98%** of our graduates report being "very satisfied" with their training and an amazing **99%** said they would recommend UpDog Teacher Training to a friend (check out our reviews at Yoga Alliance.org)!
- ॐ Our **student-to-teacher ratio averages no more than 5-to-1**. We use three "core teachers" and a host of guest instructors throughout the program.
- ॐ **Unlimited Yoga for FOUR MONTHS at THREE STUDIOS** (UpDog Yoga (Rochester), Happy Dog (Port Huron) and In2Yoga (Lapeer)) is INCLUDED.
- ॐ **All Workshops** are INCLUDED with your tuition.
- ॐ Our **FIXED** price of **\$2,600** makes UpDog's training remarkably affordable; students save as much as 20% (\$520!) by pre-paying on or before February 28!

Are you ready to start teaching the change you want to see in the world?

For more information, contact:

duane@updogyoga.com

Or visit our web site to download your application:

www.updogyoga.com