



# Fall YOGA teacher training

## RYT200 Yoga Teacher Training

Fall 2017

Oct. 8, 2017 – Jan. 14, 2018



Learn To Share What You Love  
Enroll Now & Save!



- Download our Enrollment Application at [www.updogyoga.com/teacher-training](http://www.updogyoga.com/teacher-training)
- Save 5% off tuition with \$200 deposit prior to Aug. 1
- Additional discounts available for full tuition payment prior to start of training Aug. 31
- FREE Unlimited Yoga Classes at UpDog and our partner studios from date of deposit and throughout the training

Email: [jill@updogyoga.com](mailto:jill@updogyoga.com)

Call: 248.608.6668

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 skills to teach mindful, therapeutic yoga for everyBODY– whether your style is Ashtanga, Vinyasa, Slow Flow, Basic or Yin.

We're accepting applications for our 13-week Fall Training which begins Sunday, Oct. 8, 2017 – Jan. 14, 2018 (sessions meet weekly on Sundays 7:30AM-4:00PM). Training consists of weekly training modules covering all teacher training 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, ethic codes of Yoga, living the Yamas & Niyamas in a modern world, essential Sanskrit.

**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:** includes a “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.

**The Art of Adjustment:** understanding techniques and benefits of mindful, supported and therapeutic adjustments specific to various styles of Yoga.

**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 16 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 as part of our Teacher Training program.