



# Spring YOGA teacher training

## RYT200 Yoga Teacher Training

Spring 2023

March 5 – June 11, 2023



**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 \$100 off tuition with \$200 deposit prior to Jan. 15
  - Additional \$200 discount available for full tuition payment prior to Feb. 1st
- FREE Unlimited Yoga Classes, from date of deposit and throughout the training, at both our UpDog-Rochester and UpDog-Sterling Hgts. studios

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

Call: 248.608.6668

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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 Fall Training which begins Sunday, March 5 – June 11, 2023 (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 22 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.