



UPDOG YOGA SCHOOL FOR YOGA GRADUATE TESTIMONIALS: (UPDATED MAY 2016)

“Quality of instruction, materials, readings, value for the money --- all a perfect ‘ten.’ If you were a friend of mine, and considering this training, I would say ‘do it.’ And keep practicing – all really IS coming!”

Zach Ahlstrom, RYT® Fall 2011

“I was very happy with everyone, the friendly and welcoming feel I have here at UpDog. Everyone was always willing to help, I had the ability to contact any teacher whenever I wanted, and every single member of the team was willing to help. The retreat and free yoga classes were awesome!”

Christie Beaton, RYT® Fall 2012

“I loved, loved, LOVED the Buddha Camp weekend, the UpNorth with UpDog Retreat – a great way to open and close training. I also thought the volunteer days were great – keep them in!”

Candace Belanger, RYT® Spring 2010

“I really like UpDog! The study groups ... practicing call-outs during actual classes ... teacher feedbacks were all great. I also loved how well our group bonded and supported each other.”

Chris Below, RYT® Spring 2012

“The balance between technical understanding and practical information needed for teaching ... the weekly handouts ... the retreat and in-studio teaching made it an amazing experience – thank you so much!”

Tessa Benziger, RYT® Spring 2011

“I feel as though I learned so much! Free practice ... great workshops ... helpful, professional binder and materials – it was worth every penny! The program is wonderful – you can practice at UpDog the whole time, you meet GREAT people, the payment plan was very helpful, the program touches on a variety of aspects of becoming a yoga teacher. UPDOG REALLY PREPARES YOU!”

Nicole Bommarito, RYT® Spring 2011

“I recommend UpDog and its T³ program. Nice people ... friendly crowd ... great teachers.”

Pam Borsuk, RYT® Spring 2010

“Thank you so much for this experience. It was amazing. Thank you for all the lunches, extra perks that you provided during this journey. Buddha camp was the perfect way to start this experience and then end with a Memorial Retreat bang.”

Kelly Burns, RYT® Spring 2011

“I’ve already discussed my teacher training with a number of friends, as well as students in my yoga classes. I have told them how life-changing it was for me. From the methodology, philosophy and training technique to how much I learned about my self – I loved every minute of it!”

Lisa Butts (nee Bartlett), RYT® Summer 2010

“The Ashtanga practice was, I felt, very critical and a wonderful foundation for Yoga training. The demonstration of different breathing techniques, meditation techniques, daily practice were all excellent. I enjoyed the training, and the genuineness of the teaching team, immensely.”

Linda Cianferra, RYT® Spring 2010

“If a friend was considering teacher training, I would tell them to look at at least three different “schools.” Practice at each studio for at least 6 months to make the most educated decision. I chose UpDog because of its (teachers).”

Lisa Coan, RYT® Spring 2010

“UpDog T³ is likely one of the best training programs around, balancing philosophy with practice, with a great set of instructors ... (it’s) a very scientific approach to teaching yoga while still respecting the origins of the practice, the culture and philosophy.”

Zahra Firouzgan, RYT® Spring 2010

“We were given great value, especially with all the extras. The studio and retreat were both beautiful, materials were well-organized, and the teachers showed a genuine caring and interest in the well-being and personal/professional growth of the students. The ability to practice ... practice ... practice was an outstanding plus.”

Jamie Gills-Takenuchi, RYT® Spring 2010

“It was a great experience – I would recommend it. It is a great way to expand your yoga practice, learn something new, meet new friends., learn more about yourself and gain confidence in yourself – your asana, as well as your communication, skills.

Stephanie Howard, RYT® Fall 2011, RYT® 500 Summer 2012

“Loved the lectures, the practice sessions and the feedback from different teachers. This training will keep you busy, with constant workload similar to a college class or two, but it is well worth it. To improve your yoga practice and become qualified to teach, it’s a GREAT opportunity.”

Chris Kersten, RYT® Spring 2012

“I would highly recommend it – a ‘Perfect 10’”. Excellent faculty, excellent facility. The weekly practices and homework kept us on track, and the anatomy and adjustment sections were both great, hands-on training experiences. The view from multiple instructors also gave us a well-rounded education.

Maria Lauinger, RYT® Fall 2010

“It was a great experience, I learned a lot and everything I learned and collected during the three months will help me as I begin teaching. I also loved the daily meditation, the adjustment workshops, the video feedback discs and the time spent on creating and sequencing a class. Everyone in the program was great!”

Johnna Lozenkovski, RYT® Spring 2012

“It is a big time commitment, but most certainly worth it. I loved both Natalie’s classes (as crazy as they were!), the meditation sessions and the adjustment workshop.”

Joy Lucas, RYT® Spring 2012

“UpDog has a amazing team of teachers who support you. They encourage you to teach a variety of styles, and provide you with the supports to do just that. Yoga is all they do, they have been around a long time, and their program has grown as they’ve grown. I love that you are a name, not a number, and that you get more than your money’s worth.”

Arti Macedo, RYT® Spring 2004 and Fall 2012

“Teaching/practicing in the big room (where we could see/teach the poses), the guided meditations and the adjustment class were most effective. Sundays worked for me.”

Vannya McCarthy, RYT® Spring 2012

“Just the right amount of verbal and plenty of written to delve deeper into every system. The yin/yang of Natalie and Duane, with Duane’s knowledgeable instruction and nurturing guidance, combined with Natalie’s task master approach really, really works. A great balance of flexibility, zen mornings and abject terror in the afternoons. I feel well prepared to teach!”

Sherry MacIntyre, RYT® Fall 2012

“In the end, it’s a crazy, intense experience. You will be stronger, and you will learn how to teach.”

Valarie Moses, RYT® Fall 2012

“UpDog is a great school! Great teachers ... great training ... overall, a great experience. I LOVED the Sunday training – one of the main reasons I went to UpDog.”

Barb O’Brien, RYT® Spring 2012

“The program is very well rounded, and affordable compared to neighboring schools. I thought the observation/feedback system, the alignment workshop and the unlimited yoga were the best parts of training.”

Jennifer Payter, RYT® Spring 2010

“Learning and doing a style of teaching allowed the information to sink in. Throwing us right into teaching was very effective, as was the small group size. Lots of unity and support.”

Meagan Poznanski, RYT® Spring 2012

“I would recommend UpDog over any other program I know of. The encouraging, knowledgeable and motivating teaching staff ... all of the hand-outs and materials ... the readings ... the “hands-on” practice and feedback, the progress videos were all awesome. I enjoy learning and being challenged, which I was on all levels at UpDog. Thank you for a wonderful and rewarding experience!”

Jessica Priehs, RYT® Fall 2012

“Loved the adjustment workshops ... great studio, love the layout for everything ... loved the different (instructor) personalities. Teachers were very knowledgeable.”

Patty Schmid, RYT® Spring 2011

“The training center and studio are awesome, as is the overall availability of the studio to practice teaching. Hand-outs were organized and helpful, and the reading list, retreat and the learning center were super-effective.”

Stephanie Scriptor, RYT® Spring 2010

“If you’re looking to take your yoga practice to the next level, (UpDog’s) T³ program is for you ... compared to other programs in the area, the price is right!”

Brian Silles, RYT® Spring 2010

“This was amazing ... an AWESOME experience. I learned so much about myself – thank you!”

Brooke Stauffer, RYT® Spring 2010

“I am really glad I did this training at UpDog. I love the studio, and the very generous and accepting spirit that you offer.”

Lynne Stevens, RYT® Fall 2012

“To me the competence as well as the passion of a teacher (or the student) makes the difference. I felt that there was an effort made to comprehend each student and take him or her from where they were to where they wanted to go. Real passion to bring yoga to the world, and to live it. Lots and lots of heart – not just business as usual. Every single session was great, class sequencing was great, practicing call-outs was great. It was a fabulous, mature, very well developed program – organized and professional. It equips you with the tools you need to successfully teach yoga.”

Claudia Vogel, RYT® Fall 2012

“I absolutely loved my experience – it was such a fun, welcoming atmosphere. Actually practicing the poses, learning correct alignment and adjustments was the most effective part of training. Weekend timing is also perfect – Sundays are great because most of us have better availability on the weekend. I think the days were also a good length – the time passed by so quickly! If you are thinking about it, just DO IT – you’ll never regret you spend (at UpDog), and you’ll learn more than just the fundamentals of teaching yoga.

Hannah Heugel, RYT® Fall 2016

“I felt safe, comfortable and, above all, loved! Starting each day in meditation, being expected to start teaching almost immediately, constant feedback (was most effective). I was truly sad when training was over.”

Debra Kurtz, RYT® Fall 2016

“The summer intensive was, well, intense – but it was worth it! I loved the adjustment weekend, as well as being required to observe and immediately practicing call-outs the best. Everyone that helped with the program was very friendly and helpful – UpDog is very welcoming. It’s a very professional and wonderful program --- it’s informative, and you gain a lot of experience.”

Haley Berich, RYT® Summer 2014

“I feel that I received a lot of great training, even after the course was finished. Having the great feedback will also help me perfect my teaching, as well as my practice. I also loved the free workshops that took place every Friday night during training. The training on Ashtanga, practicing flows and learning philosophy and methodology were outstanding.”

Kelly Peck, RYT® Fall 2015

“I loved practicing, as well as practicing teaching (I wish we had had more time!). I absolutely loved the entire experience – the schedule was great!”

Linda Thomas, RYT® Fall 2015

“It was an amazing experience – loved the workshops and thank you for all the lunches! I thought UpDog’s teachers, mentorship, class observations and the ’40 days of practice/journaling” helped me the most. I found the entire experience so educational – it provided all the tools I need to teach – and more! I would highly recommend the program – you will gain knowledge, experience and access to a wonderful team of teachers!”

Emily Peters, RYT® Fall 2014

“I felt that class construction, adjustments and anatomy were the best aspects of the program. I would strongly recommend – I learned a ton!”

Kim Vokal, RYT® Fall 2014

“Compared to other studios, this was an incredible value for the money, especially considering the retreat, free yoga, workshops, and food. I thought the quality of material/hand-outs, the opportunities to practice yoga, to learn new techniques of instruction and the pace/timing of training was excellent. The quality of instruction, the commitment of the staff and teachers and the ability to practice throughout the training were my favorite parts. If you’re thinking about it, just do it! It will give you a greater sense of confidence, empowerment and will deepen your own commitment and interest in the process. You won’t regret it!”

Sheila Sarver, RYT® Fall 2014

“Everything gets a ten – outstanding! I really liked the teaching, the practice and the quality of classes. I absolutely loved the experience – JUST TAKE IT!!”

Hiranmayi Aloor, RYT® Summer 2013

“So blessed for this experience – I give it an ‘11’! A wonderful community, made up of wonderful, loving, dedicated people. I loved the Ashtanga module (in general), as well as being able to sit in, adjust and teach real classes. LOVED the binders too – so organized. (UpDog) provides you with knowledge far beyond what you would expect. I feel fully prepared to teach any class, anywhere and be able to confidently speak about what I do. The atmosphere was fantastic and very friendly -- just DO IT!!! You won’t regret a thing, and you’ll walk out knowing how to properly teach and educate others!”

Arianna Bicklet, RYT® Summer 2013

“I loved the anatomy portion – very informative. Also glad we got to observe different teachers. The schedule worked very well for a single mom – awesome program, I learned so much and enjoyed it all!”

Heidi Bono, RYT® Spring 2013

“Loved everything --- the studio, the amazing teachers, anatomy, lots of practice, great readings, very informative. Awesome value for the money – a ‘ten,’ well worth it! I thought that class time, working on building each pose, and each flow, practice cuing, modifications and adjustments, anatomy and observations were all so amazing. UpDog is simply a great place to learn – environment is great, clean, friendly. Teachers are wonderful. The material is organized and very informative, the schedule is awesome for those who work full time and the cost is reasonable.”

Betsy Brooks, RYT® Spring 2013

“I really appreciated the variety of teachers – great experience and techniques. The studio was clean and the atmosphere was great. I loved all the extras, the materials, the knowledge of the staff. The enthusiasm of each and every teacher, and the heart and thought that was put into all aspects of the program, make UpDog a great learning experience. It provides you with the knowledge you can take out into the world of teaching – THANK YOU ALL!”

Carolyn Lyons, RYT® Spring 2013, RYT® 500 Spring 2015

“The extras were very much appreciate – so much information! A ten all around! The call-outs really helped me gain confidence, and the reading was great. I only wish there had been more time to take it all in! It was such a great experience, I feel so fortunate to have had the opportunity to participate in training at UpDog!”

Kaitlin Bezel, RYT® Spring 2013

“I think the video feedback sessions were very helpful, would have liked even more. Call-outs, practice videos and observations were my favorite parts, we learned so much and UpDog’s teachers are amazing! Just DO IT – UpDog is the best!”

Tanya Tereszczenko, RYT® Spring 2013

“I really loved anatomy, the observations and all the hand-outs! I found the adjustment weekend, practicing callouts and anatomy the most beneficial – along with learning how to build a class from the ground up. My educational experience at UpDog was amazing – the instructors helped me with all my questions, and were here to support me in all aspects of the training. Ask anyone, and they’ll tell you that UpDog is known for their in-depth training – especially their adjustments. Many other studios don’t really “teach “ – my experience at UpDog is that this is REAL yoga!”

Alaina Nido, RYT® Spring 2013

“All the teachers were so nice and open, allowing us to observe their classes, provide feedback and help me grow. I liked the every Sunday timing, thought the teachers were GREAT! The teacher support and motivation, dedication to the student’s learning and the adjustment weekend (my favorite!) were all outstanding. The staff is incredible, the atmosphere is friendly and fun, everyone wants to see you succeed. I recommend UpDog’s T3 even if you just want to further your own practice – it was an incredible experience and journey, and opened my mind and soul to so many new experiences! UpDog ROCKS!”

Jesse Habarth, RYT® Spring 2013

“I felt that the most effective aspects of training were call-outs and adjustment practice. The instructors were great – very knowledgeable and helpful. I would tell anyone considering UpDog that they are making a great decision – based on my experience, the other schools don’t focus on alignment, adjustments and hands-on instruction, which is so important to injury prevention. I loved it!!!”

Alexandra Tereszczenko, RYT® Spring 2013

“I am in love with this studio – awesome teachers, everything was valuable in its own way, I feel I got so much more than I bargained for – so grateful! I loved the adjustment weekend, the recordings during teaching (I hated it, but it was sooo beneficial), reading material, meditation, practicing call-outs – I can’t think of any way to improve it! It was challenging, which was perfect for me. I’m actually contemplating 500-hour – and Thai Yoga training! I could not be more grateful – this course taught me so much about yoga and myself. I feel like a better, happier person thanks to this course, I am able to like myself more. I don’t think ANY other courses or studios could have prepared me the way UpDog did. I feel competent and prepared to teach others!”

Joanna Lutz, RYT® Spring 2013

“I loved the Sunday classes, feedback, observing other teachers and styles, the extras were fantastic and much appreciated. I thought the retreat was perfect, the instructors were supportive, accessible, down-to-earth, experienced and knowledgeable, and practicing teaching/cal-outs from day one, with verbal feedback from instructors, as well as practicing adjustments ‘in class’ were all so effective. Be patient with yourself, trust the process and enjoy the journey!”

Christie Bellak, RYT® Spring 2013

“The space was so clean and welcoming, the time flew by too quickly! I loved the adjustments, as well as practicing call-outs in the beginning. I learned so much – just DO IT!”

Ankita Acharya, RYT® Summer 2013