

Updog Yoga School for Teachers Faculty and Staff



Duane Utech, BA, MA, E-RYT®, TYMII

Duane has been teaching and practicing yoga since 1995. He credits yoga with helping him overcome an addiction to alcohol in the late-90's, as well as having helped ground and support him through the crazy-fun roller-coaster known as life. As the owner of UpDog Yoga, the previous owner of a major Automotive Training Agency, and a former professional trombone player, janitor, trash man, salmon fisherman and donut chef (not all at once), Duane (aka Baba Ganesh) is personally involved with the design, organization, customization and implementation of each UpDog Training Program. He credits his mom, his son, Brij Mohandes Chhabbra and beer as his most influential teachers, along with the guy that just cut him off in traffic. Duane is a graduate of Kalamazoo College (BA, '78) and Western Washington University (MA, History, '81).



Natalie Mitoraj, E-RYT® 500

Natalie brings her professional engineering world and yoga life together to balance the hard and the soft. Her practice started in Shanghai, China with her 1st teacher, Duncan Wong and lead her along the path thru UpDog's 500 hour teacher training with Michael Johnson. Natalie will be working with each T3 student to further deepen his or her understanding of yoga, and to help them begin a unique teacher training path.



Tina Pautz-Troshynski, RYT®, TYMI

Tina has been an avid yoga practitioner since 1992. In 2009, she left a corporate executive job behind and dove headfirst into teaching, practicing and living yoga. Tina will work with students to experience their training in a calming and uplifting environment where they can learn, reflect, rejoice, and play all within the 4 corners of the mat. Tina is a graduate of Northern Michigan University (BS '94) and a graduate of the UpDog Yoga School for Teachers, 200 and 500 hour certifications.



Diana Milne, E-RYT®, TYMII

Diana began her Yoga Teaching journey in 2000. She has been blessed with many teachers, read many books and taken many trainings, but her greatest teachers are her students. Diana's unique teaching style is inspired by her friends, family and everyday life experiences. She encourages all to come Explore, Expand and Experience!

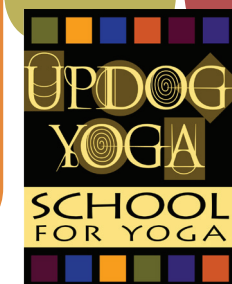
For more information,
click on the School for Teachers link on our website:
www.updogyoga.com
248-608-6668



"I hear and I forget
I see and I remember
I do and then I understand."
Confucius



UpDog Yoga School for Teachers Course Catalog



Registered Yoga Alliance® School
State of Michigan Licensed School
Still Life Centre of Canada Affiliate School



Teach The Change You Want To See

UpDog Yoga School for Teachers

Course Offerings

The UpDog Yoga School for Teachers is a State-licensed, Yoga Alliance® Certified and Still Light Centre Canada Affiliate School offering certified levels of training in Yoga and Yoga-related Therapeutic Arts. UpDog Yoga's mission is to provide multi-dimensional, highly-individualized training for students and teachers with a sincere desire to pursue a career teaching yoga and practicing therapeutic yoga healing arts. Located in picturesque Rochester, Michigan, UpDog provides:

- A gifted teaching staff servicing over 40 regularly-scheduled weekly classes.
- Incredible, Feng Shui shala and asana facilities.
- 5-to-one average student-to-teacher ratio.
- State-of-the-art teacher feedback techniques.
- On-line teaching modules for select classes.
- Yoga Alliance Certification at the 200- and 500-hour RYT® levels.
- Still Light Centre of Canada Certification for Thai Yoga Massage (Levels I-VII).
- State of Michigan licensed Trade School.
- Opportunities to teach immediately at UpDog and its affiliated Yoga Studios.
- Opportunities to "give back" with immediate teaching opportunities via the UpDog Om Squad™ – Yoga2Go™ for those who need it most!

200-hour RYT® UpDog T³

Our unique "225-hour" T³ offers students of all levels an opportunity to achieve their 200-hour RYT® certification from the Yoga Alliance over a 3-month timeframe, and includes:

- Regular asana, Pranayama and Meditation practice.
- Classroom and interactive sessions in UpDog's Studio B Training Center.
- Methodology, practicum and techniques.
- Practical workshops, extensive teaching feedback sessions and class observations.
- Four-month Unlimited Yoga INCLUDED.
- Weekend Retreat INCLUDED.
- 25-hour Continuing Education for UpDog/Om Squad teaching INCLUDED.
- Pre-payment discounts available.

Cost: \$2,500

**Spring Session: Early March through late May
(Enrollment January/February)**

**Summer Session: 16-day intensive in mid-July
(Enrollment April/May/June)**

**Fall Session: Early October through early January
(Enrollment August/September)**



"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,
2011 T3 and 2011 TYMI Graduate*

For more information on this or any other UpDog-affiliated program or workshop, contact us at duane@updogyoga.com.



"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,
2010 UpDog Graduate*



"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,
2009 T3 Graduate*

500-hour RYT® UpDog Advanced T³

For 200-hour RYT® teachers who want to attain one of the highest levels of certification available, UpDog also offers an advanced 500-hour certification program. Using our proven "team feedback approach" to teacher transformation, this course runs approx. five months, and includes:

- Regular asana, Pranayama and Meditation practice.
- Classroom and interactive sessions in UpDog's Studio B Training Center.
- Methodology, practicum and techniques.
- Modular Continuing Education programs on therapeutic and structural adjustments, anatomy, physiology, kinesiology, philosophy, pre-natal, yoga for kids, yoga therapy, more!
- Six-month Unlimited Yoga INCLUDED with tuition.
- Weekend Retreat INCLUDED with tuition.
- Pre-payment discounts available.

Cost: \$3,500

**Bridge Program (non-UpDog RYT®)
March, July and October**

**500-hour RYT Session
September thru June (by application only)**

Still Light Centre of Canada Thai Yoga Massage Certification

As part of its mission to "Teach the Change it Wants to See," UpDog also offers training at multiple levels for Thai Yoga Massage therapists. Led by Torontonians Shai Plonski and his amazing team of Thai Yogis, each five-day intensive immerses the student in one of seven levels of these ancient Thai Yoga therapeutic massage techniques. The intensives:

- Provide the student with specific skill sets, postures and movements that act as building blocks toward TYM proficiency.
- Offer training and certification at one of seven separate levels (Beginner Masseuse to Certified Instructor).
- Enable the student to conduct a different, integrated 90-minute massage at each level.
- Are perfect for those seeking a career in massage, or looking to expand their massage techniques, and/or for teachers interested in a deeper understanding of restorative yoga principles.
- INCLUDE loaner mats, books and daily fruit trays with tuition.
- Offer available RYT® and pre-payment discounts, as well as discounts for students signing up for multiple programs.

Cost: \$600

Sessions: Spring and Fall Level I and II Sessions available each year. Applications for next session accepted at any time.



UpDog provides you with knowledge far beyond what you would expect. I feel fully prepared to teach any class, anywhere, at any time, and be able to confidently speak about what I'm asking my students to do. The atmosphere was fantastic, friendly and amazing!"

Arianna Bickle, 2013 T3 Graduate



"The quality of instruction, the commitment of the staff and teachers and the ability to practice yoga throughout the training was incredible. If you want the confidence, empowerment and commitment to teach yoga, there is no better place than UpDog – anywhere."

Sheila Sarver, 2014 T3 Graduate

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

*Brooke Stauffer,
2011 T3 and 2011 TYMI Graduate*



"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, 2011 T3 Graduate

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

Patty Schmid, 2011 T3 Graduate