

# Roller Yoga

**Get Your Yoga  
On, Then Get  
Your Skate On!**

**Sunday, February 22**

**11:00AM-1:00PM**

**\$35 per person** (pre-registration with UpDog Yoga required)



**Join UpDog Yoga for A "Roller Yoga" Private Skate Party  
At The New Rink Skate Sports Complex In Shelby Twp.**

***\$35 per person includes 45-minute Yoga Stretch Class with UpDog  
Instructor Yvonne Clark, Private Group 1-hour Free Skate with Live DJ,  
and Skate Rental - All Included!***

Bring the whole family and/or your Yoga pals for some Sunday afternoon fun and just roll with it - with UpDog Yoga at The New Rink in Shelby Twp.

We'll have the entire indoor rink to ourselves as we start with a 45-min. Basic Yoga stretch class with Yoga mats center rink to get you warmed-up. Then lace-up your skates (skate rental included) and hit the rink for one hour of free skate at your leisure and pace, complete with a live DJ spinning tracks to get your groove on! At the end of free skate, Yvonne leads a relaxing final stretch and savasana center rink.

All ages and all experience levels welcome, whether you're a first-time beginner or advanced yogi or skater. Bring your Yoga mat and we'll have extra free mats available for use (first-come, first serve).

**Pre-registration with UpDog Yoga required:**

**<https://www.updogyoga.com/workshops/rochester-workshops>**

*The New Rink is located at 50625 Van Dyke Ave. in Shelby Twp  
(just south of 23 Mile Rd. on Van Dyke)  
586-731-5006*



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV [ClickOnDetroit.com](http://ClickOnDetroit.com)