

# Outdoor Basic Yoga



**At Rochester Municipal Park**  
(located directly behind UpDog Studio)

**Mondays: 6/20, 7/11, 8/22**  
**Wednesdays: 6/8, 7/20, 8/10**  
**6:30-7:30PM**

**\$10 per person advance registration (\$15 cash at door)**

Join UpDog Instructors at **Rochester Municipal Park** for a Basic Yoga Class in the fresh outdoors! This 60-minute class includes light movement, stretching and a relaxing savasana while tuning into the sights and sounds of nature. Appropriate for all levels – *Everyone welcome!*

Meet at the pavilion, just across the walking bridge from the main park entrance off Pine Street (just a 2 minute walk from UpDog).

Bring your Yoga mat and optional blanket. Walk-ins Welcome!

*Rochester Municipal Park main entrance is located off of Pine Street in downtown Rochester, directly behind UpDog Yoga studio and the Rochester police station*



**Pre-register online:**

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