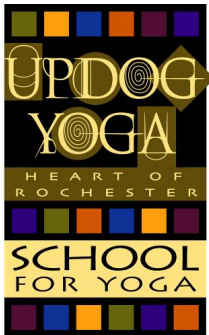


FREE YOGA CLASSES!

Everyone Welcome!

*Presented By The UpDog School For Yoga
Graduating Class of Spring 2025 Yoga Teacher Trainees*



GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO

ALL CLASSES ARE FREE!

SATURDAY, JUNE 7, 2025

1:00-2:00PM

Slow Flow with James

2:15-3:15PM

Basic with Cara

3:30-4:30PM

Yin with Brian

SUNDAY, JUNE 8, 2025

1:00-2:00PM

Slow Flow with Adriana

2:30-3:30PM

Slow Flow with Bela

Pre-register online at Schedule page of our website, or walk-ins are welcome:

<https://www.updogyoga.com/rochester-class-schedule>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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