



WESTVIEW ORCHARDS & WINERY

Sunflower Yoga

SATURDAY, AUGUST 7 AT 8:30-10:00AM

Join UpDog Yoga at Westview Orchards & Winery



\$40 per person

Includes Yoga Class, Wagon Ride and U-Pick Sunflower Bloom!

Pre-registration with Westview required:

<https://westvieworchardsandwinery.ticketspice.com/2021-sunflower-days>

586-752-3123

Take in the morning sunshine and fragrant fresh flowers with “Yoga in the Sunflowers” at Westview Orchards & Winery. We’ll escort you via wagon ride out to the peaceful sunflower field for a one-hour Basic Yoga class where you can choose your own fresh sunflower to bring home with you!

- 8:30AM – Check-in and Wagon Ride To Sunflower Field
- 9:00AM - 10:00AM – Basic Yoga Class In Sunflowers
- 10:00AM - 10:30AM U-Pick Sunflower and Wagon Ride Back

All ages and Yoga skill levels are welcome (children must be accompanied by an adult). Bring your Yoga mat or towel.



Westview Orchards & Winery is located at
65075 Van Dyke in Washington, MI
(corner of 30 Mile Rd. and Old Van Dyke)

Space is limited. Register online with Westview Orchards & Winery:

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