

In-Studio Weekly Class Schedule

* Red In-Studio Classes Are Also ONLINE Live Stream

| | | | |
|-----------|-------------------|---------------------|------------|
| Monday | 9:00-10:00AM | VinYin Yoga | Kim L. |
| | 10:15 -11:15AM | Basic Yoga * | Kim L. |
| | 6:00 - 7:00PM | Basic Yoga | Amanda |
| | 7:15 - 8:30PM | Yin Yoga | Stephanie |
| Tuesday | 9:00AM - 10:00AM | Basic Yoga * | Kim L. |
| | 10:15 - 11:30AM | Yin Yoga | Kim L. |
| | 5:00 - 6:00PM | VinYin Yoga | Kim T. |
| | 6:15 - 7:15PM | Basic Yoga | Rachel |
| | 7:30 - 8:30PM | Basic Yoga | Rachel |
| Wednesday | 9:00 - 10:00AM | Basic Yoga * | Kim L. |
| | 5:00 - 6:00PM | Basic Yoga | Kim H. |
| | 6:15 - 7:15PM | Slow Flow Yoga | Kristina |
| | 7:30 - 8:30PM | Guided Meditation | Chuck |
| Thursday | 9:00AM - 10:00AM | Slow Flow Yoga | Tina |
| | 10:15AM-11:15AM | Gentle Yoga * | Diane |
| | 5:00PM - 6:00PM | Basic Yoga | Amanda |
| | 6:15PM - 7:15PM | Candle Light Flow * | Kelsey |
| | 7:30PM - 8:30PM | Basic Yoga | Audrey |
| Friday | 9:00 - 10:00AM | Gentle Yoga | Carole |
| | 6:00-7:00PM | Yin Yoga * | Shay |
| | 7:30 - 9:00PM | Workshops | See flyers |
| Saturday | 9:00 - 10:00AM | Vinyasa Yoga | Jill |
| | 10:15 - 11:15AM | Basic Yoga * | Jill |
| | 11:30AM - 12:45PM | Yin Yoga | Sandy |
| Sunday | 9:00 - 10:00AM | Basic Yoga * | Marilee |
| | 10:15 - 11:30AM | Yin Yoga | Stephanie |
| | 5:15-6:15PM | Basic Yoga | Stephanie |
| | 6:30-7:30PM | Yin Yoga | Stephanie |

PRICES

All class packages are non-refundable/non-transferable

NEW STUDENTS: (in-studio use only)

First Class FREE or 5 Classes for \$15!

New, first-time students of UpDog Yoga for in-person, in-studio class use only. Limit one offer per person, one time only. MI residents only.

New Student 1-Month Unlimited Pass \$75

Can be purchased after/in addition to 5 Classes for \$15. Limit one offer per person, one time only. MI residents only

CLASS COUNT PACKAGES (use in-studio and/or Online)

| | |
|-------------------------|-------|
| Single Yoga Class | \$17 |
| Single Meditation Class | \$5 |
| 5-Class Pack | \$60 |
| 10-Class Pack | \$115 |
| 20-Class Pack | \$225 |

UNLIMITED CLASS PACKAGES

(use in-studio or see addl. + cost to add Unlimited Online)

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| Monthly Unlimited Autopay (+\$20 w/ Online) Autopay requires 6-month commitment term with option to renew at term for same low rate | \$99/mo. (\$119/mo) |
| 1-Month Unlimited Pass (+\$30 w/ Online) | \$110 (\$140) |
| 3-Mos. Unlimited Pass (+\$65 w/ Online) | \$295 (\$360) |
| 6-Mos. Unlimited Pass (+\$99 w/ Online) | \$570 (\$669) |
| 12-Mos. Unlimited Pass (+\$199 w/ Online) | \$1,100 (\$1,299) |
| 1-Month Unlimited All Online Pass Includes both Online Live Stream & Facebook Videos | \$75 |
| 1-Mo. Unltd. Facebook Video Only Does not include Online Live Stream or in-person, in-studio classes | \$45 |
| Senior & Student Discount Present valid ID: Seniors age 62+, high school or college students. Cannot be combined with sale prices or other discounts | 10% |
| Sterling Hgts. School, Police, Fire & Henry Ford Macomb Hospital Employees Discount | 10% |

BEGINNER YOGIS

If you are new to Yoga, we recommend Basic, Gentle, Yin Yoga and Guided Meditation to get started. All provide a basic understanding of breath, postures and alignment at a beginner's pace. If you have questions about a specific class, or have a pre-existing physical condition, please ask a staff member for guidance.

You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats available for \$1.

Please arrive 10 minutes early on your first visit to complete a New Student Registration. See reverse side for class descriptions. All regular classes are ongoing weekly.

WALK-INS ALWAYS WELCOME!

Class Descriptions

Basic Yoga introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome.

Gentle Yoga is for beginners wanting to start gently, for people working with a health condition, or for those seeking to balance their busy lives with a more relaxed approach. Gently stretch and strengthen the body, connect with breath, and calm the mind.

Yin Yoga is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Appropriate for beginners and all levels.

Candle Light Flow melts away stress in a gentle slow flow by candle light and soft music. This slower paced class links breath and movement in a fluid standing sequence combined with some relaxing and restorative stretches to help unwind and let go. Includes a brief meditation by candle light at the beginning and/or end of class.

Vin-Yin Yoga is a short Vinyasa Flow combined with a series of Yin postures in a comfortable room temperature for the perfect balance of standing and seated in a 60-minute class. All levels welcome.

Slow Flow builds on the foundation established in Basic classes by linking postures and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment for beginners looking to explore beyond Basic.

Vinyasa Yoga combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch, this class is for you. Vinyasa is room temperature and for Hot Vinyasa the room is heated to approx. 85-90 degrees (intermediate to advanced levels).

Guided Meditation a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary.

Workshops offered monthly, typically on Fridays or Saturdays, to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga and other health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details).

Frequently Asked Questions

What is Yoga? Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "Yoga" comes from the Sanskrit word "yug," or "union."

What Can Yoga Do For Me? Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga helps us connect to our body and breath to foster balance of Mind, Body & Spirit.

Which Classes Should I Take? If you're new to Yoga, start with Basic, Gentle Yoga, Yin, Candle Light Flow, Guided Meditation and Intro to Yoga Series. Explore VinYin, Slow Flow and Vinyasa classes to further build an awareness of breath, postures, alignment and more cardio. Try to take advantage of as many different teachers, times and classes as possible, depending on your experience level.

How Often Should I Practice? Ideally 3 times per week to notice a difference in your body. Experienced yogis practice every day.

What Should I Wear? Lightweight "workout clothes" with wicking fibers are best. Avoid wearing jewelry, cologne and perfumes.

Why Shouldn't I Eat Before Practice? Food interferes with the body's ability to cleanse and detoxify; avoid meals at least 1 hour prior.

What If I'm Pregnant? Inform the instructor when you arrive for class; check with your physician before beginning a physical routine.

How Do I Sign-Up For Online Live Stream Classes? Visit "Online Live Stream Schedule" page of UpDog website. Note there are separate Online Live Stream schedules for either Rochester or Sterling Hgts. studio locations. Any existing class packages you have will be valid for Online Live Stream classes at the studio location you originally purchased them, or you may always purchase additional Online Live Stream classes for either location. Once you pre-register for a class online, a link will be emailed to you to join the class 30 min. prior to the scheduled class time (if you register less than 30-min. prior to class start, you can still attend and will receive a link within a couple of minutes). Click the link sent via email at class time, follow the prompts to access the live stream, and enjoy your class!

How Do I Access The Facebook Video Classes? If not already a member with a current package, once your purchase is complete, log into Facebook and request to join the group "UpDog Yoga From Home". Once approved to the group and logged in:

- From a laptop go to the "Media" tab to view and scroll thru the complete video menu
- From a mobile device, go to the "Photos" tab to view and scroll thru the complete video menu