

WESTVIEW ORCHARDS & WINERY



Yoga in the Apple Orchard

SATURDAY | SEPT 14, 2019 | 10:30 AM

Join UpDog at Westview Orchards & Winery



\$30 per person (includes Yoga class, wagon ride, cider & donut)

Pre-registration with Westview required: 586-752-3123

Or opt for an "All-Day Farm Fun Package" for only \$38 per person which includes all-day activities at Westview: Yoga class, petting zoo, acres of playground fun, and more!

Enjoy a wagon ride into the middle of Westview's picturesque orchards to appreciate all that nature has to offer and enjoy a Basic Yoga Class with UpDog Yoga. Take in the morning sunshine, breathe the fresh Autumn air, and feel your stress disappear in the quiet stillness of the orchard!

We'll escort you via wagon ride to the apple orchard for a one-hour Basic Yoga class. We then invite you back to the Cider Barn for a refreshing glass of cold apple cider and an award-winning Westview Cider Mill Donut.

- 10:30AM - Wagon Ride
- 11:00AM - 12:00PM - Yoga Class
- 12:00PM - 12:30PM Wagon Ride Back/Cider/Donut

All Yoga skill levels are welcome! Bring your mat and a friend! (Yoga mats available for use first-come, first serve).

Contact Westview directly to pre-register: 586-752-3123



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



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