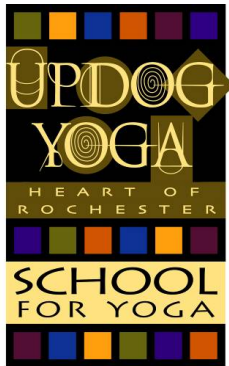


# ***FREE YOGA CLASSES!***

***Everyone Welcome!***

*Presented By The UpDog School For Yoga  
Graduating Class of Fall 2024 Yoga Teacher Trainees*



## **GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO** ***ALL CLASSES ARE FREE!***

### **SATURDAY, JANUARY 11, 2025**

**1:00-2:00PM**

Basic with Jennifer

**2:15-3:15PM**

Slow Flow with Alycia

**3:30-4:45PM**

Short-Form Ashtanga with Anna

### **SUNDAY, JANUARY 12, 2025**

**1:00-2:00PM**

Slow Flow with Mai

**2:30-3:30PM**

Basic with Karen

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

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



**[www.updogyoga.com](https://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](http://ClickonDetroit.com)***