



Our expanded *UpDog Yoga From Home* Online offerings include:

- **Weekly Online Live Stream Classes** led virtually by an UpDog instructor, enable you to enjoy a variety of regularly scheduled online Yoga and Meditation classes from the comfort of your own home at pre-scheduled times each day of the week.
- **Facebook Video Library** includes full access to over 270 individual, pre-recorded Yoga and Meditation class videos from UpDog instructors.

We've also enhanced our standard Class Package offerings to give you the flexibility to attend both in-studio and/or online classes on the same package, or we also have Online Only package options:

- **In-Studio/Online Class Packs:** Purchase of any new or existing Class Count Packs (3-pack, 10-pack, 20-pack) are valid for all Online Live Stream classes in addition to in-person, in-studio classes. You may also purchase a single class. Your account will be deducted one class for any online classes you pre-register for and attend (does not include Facebook Video Library access).
- **In-Studio Unlimited Packages + Online:** Unlimited Members with an active membership can attend any Online Live Stream classes anytime and also have access to our Facebook Video Library of over 270 pre-recorded classes (in addition to all in-person, in-studio classes)!
- *Don't have an Unlimited Membership?* See below for **Unlimited + Online** pricing options which likewise provide full access to all Weekly Online Live Stream classes and the Facebook Video Library, in addition to all in-person, in-studio classes, for the duration of your Unlimited package.
- **1-Month Unlimited Online Only Pass:** For those who wish to maintain an in-home practice only, the 1-Month Unlimited Online Only Pass gives you access to all online offerings: Weekly Online Live Stream classes, plus Facebook Video Library (does not include in-person, in-studio classes).

|   |               | ONLINE LIVE STREAM WEEKLY CLASS SCHEDULE |                   |  | ONLINE PRICES  |                     |
|---|---------------|--|-------------------|--|--|---------------------|
|   |               |  |                   |  | All class packages are non-refundable/non-transferable   |                     |
| Online Live Stream Schedule<br>(updated 7/5/20) | Mon           | 8:30-9:30AM                              | Slow Flow Yoga    | Tina   | <b>CLASS COUNT PACKAGES</b><br>May be used for both Online Live Stream and in-person, In-Studio Classes (does not include Facebook Video Library)                              |                     |
|   |               | 12:00-1:00PM                             | Basic Yoga        | Tracy  | Single Yoga Class  | \$20                |
|   |               | 5:30-6:45                                | Slow Burn Yoga    | Samantha   | 3-Class Pack   | \$50                |
|   | Tue           | 8:30-9:45AM                              | Yin Yoga          | Jill   | 10-Class Pack  | \$140               |
|   |               | 12:00-1:00PM                             | Basic Backs Yoga  | Yvonne   | 20-Class Pack  | \$240               |
|   |               | 6:00-7:15PM                              | Ashtanga Yoga     | Samantha   | <b>UNLIMITED CLASS PACKAGES</b><br>Unlimited + Online Packages may be used for both in-person, in-studio classes and/or Online Live Stream classes plus Facebook Video Library |                     |
|   | Wed           |  |                   |  | <b>1-Month Unlimited Online Only Pass</b> <sup>1</sup>   | <b>\$75</b>         |
|   |               | 8:30-9:30AM                              | Basic Yoga        | Yvonne   | Monthly Unlimited Autopay (+\$25 w/ Online) <sup>2</sup>   | \$125/mo (\$150/mo) |
|   |               | 12:00-1:00PM                             | Gentle Yin Yoga   | Sandy  | 1-Month Unlimited Pass (+\$30 w/ Online)   | \$150 (\$180)       |
|   |               | 7:00-8:00PM                              | Guided Meditation | Jill   | 3-Mos. Unlimited Pass (+\$65 w/ Online)  | \$400 (\$465)       |
|   | Thur          |  |                   |  | 6-Mos. Unlimited Pass (+\$99 w/ Online)  | \$750 (\$849)       |
|   |               | 8:30-9:45AM                              | Yin Yoga          | Karolyn  | 12-Mos. Unlimited Pass (+\$199 w/ Online)  | \$1,400 (\$1,599)   |
| 12:00-1:00PM                                    |               | Slow Flow Yoga                           | Sandy             | <b>NOTES:</b><br><sup>1</sup> Includes both Online Live Stream and Facebook Video Library access. Does not include in-person, in-studio classes.<br><sup>2</sup> Autopay requires 6-month commitment term with option to renew at term for the same low rate.  |  |                     |
| Fri   | 6:00-7:15PM   | Vinyasa Yoga                             | Tina              | <b>Beginner Yogis</b>  |  |                     |
|   | 8:30-9:30AM   | Slow Flow Yoga                           | Tina              | If you are new to Yoga, we recommend Basic, Basic Backs, Yin, Gentle Yoga, Gentle Yin and Guided Meditation. All provide a basic understanding of breath, postures and alignment at a beginner's pace.<br>If you have questions about a class, or have a pre-existing physical condition, please contact us: <b>248-608-6668 or info@updogyoga.com</b> |  |                     |
|   | 12:00-1:00PM  | Basic Yoga                               | Virginia          |  |  |                     |
| 5:45-7:00PM                                     | Yin Yoga      | Stephanie                                |                   |  |  |                     |
| Sat   | 10:00-11:00AM | Basic Yoga                               | Jacqueline        | See reverse side for class descriptions. All regular classes are ongoing weekly.   |  |                     |
|   | 11:15-12:30PM | Yin Yoga                                 | Stephanie         |  |  |                     |
| Sun   | 11:00-12:00PM | Basic Yoga                               | Tracy             |  |  |                     |
|   | 5:45-6:45PM   | Basic Yoga w/ Meditation                 | Shay              |  |  |                     |

# 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.

**Basic Backs** is designed to create and maintain a healthy spine through balance. Emphasis is on the physical, emotional and energetic characteristics that directly influence the core region of the body (back and stomach). Attention will be directed to individual needs. Beginners and all levels welcome.

**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. Beginners and all levels welcome.

**Gentle Yoga/Gentle Yin** is for beginners wanting to start more gently, for people working with a health condition, and for anyone seeking to balance their busy lives with a more relaxed, therapeutic approach. Gently stretch and strengthen the body, connect with breath, and calm the mind. Attention will be directed to individual needs.

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

**Slow Flow** classes build 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 and expand their practice 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 or two, this class is for you. (intermediate to advanced levels recommended).

**Slow Burn Yoga** blends stretching and strengthening while holding a pose for greater body awareness. A SLOW build, flowing with breath and engaging the core through mindful movements, will make you sweat while eliciting a state of deep relaxation. For those looking for a challenge to sink deeper into your practice and feel the *BURN!* (intermediate levels recommended).

**Ashtanga Yoga** short-form version of a traditional series of postures linked together to create a powerful, vigorous flow. The practice combines breath, energy locks, focus and a flow of postures to create a moving meditation (intermediate levels recommended).

## 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."

**Which Classes Should I Take?** If you're new to Yoga, start with Basic, Basic Backs, Gentle Yoga, Gentle Yin, Yin, and Guided Meditation. Explore Slow Flow, Ashtanga and Vinyasa classes after you build an awareness of breath, postures and alignment.

**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.

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

**What If I'm Pregnant?** Check with your physician before beginning a physical routine.

**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.