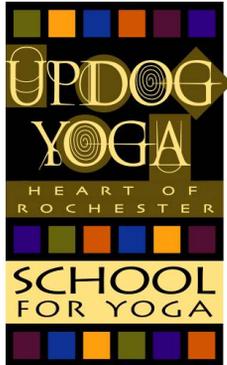


FREE YOGA CLASSES!

Everyone Welcome!

*Presented By The UpDog School For Yoga
Graduating Class of Spring 2023 Yoga Teacher Trainees*



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

SATURDAY, JUNE 10, 2023

- 1:30-2:30PM** Slow Flow with Sabrina
- 2:45-3:45PM** Basic with Beth
- 4:00-5:00PM** Yin with Melanie

SUNDAY, JUNE 11, 2023

- 12:30-1:30PM** Yin with Patty
- 1:45-2:45PM** Basic with Shanda
- 3:00-4:00PM** Yin with Jamie
- 4:15-5:30PM** Short-Form Ashtanga with Jake

SATURDAY, JUNE 17, 2023

- 1:30-2:30PM** Basic with Katherine
- 2:45-3:45PM** Slow Flow with Melissa

