

Outdoor Basic Yoga



At Rochester Municipal Park
(located directly behind UpDog Studio)

Wednesday, July 31
6:30-7:30PM

\$10 per person advance registration (\$15 cash at door)

Join UpDog Instructor Amanda at **Rochester Municipal Park** for a Basic Yoga Class in the fresh outdoors! This 60-minute class includes light movement, stretching and a relaxing savasana while tuning into the sights and sounds of nature. Appropriate for all levels – *Everyone welcome!*

Meet at the pavilion, just across the walking bridge from the main park entrance off Pine Street (just a 2 minute walk from UpDog).

Bring your Yoga mat and optional blanket. Walk-ins Welcome!

Rochester Municipal Park main entrance is located off of Pine Street in downtown Rochester, directly behind UpDog Yoga studio and the Rochester police station



Pre-register : <https://www.updogyoga.com/workshops/workshops-rochester>