

Puppy Love Basic Yoga Class



Saturday, Dec. 8
1:00PM-2:00PM
\$25 per person
(\$30 at door)



Leader Dogs For The Blind & UpDog Yoga Present:

Puppy Love Basic Yoga at UpDog!



All Proceeds Donated To Leader Dogs For The Blind



Future *Leader Dog* puppies will be at UpDog studio to greet you with wagging tails for a special Basic Yoga Class! Leader Dog handlers accompanied by their dogs will join us in the practice room during class. The puppies will also come into class for savasana and everyone will have an opportunity to pet and interact with the dogs after class.

Animals, and especially man's best friend, evoke a sense of calmness and reduce stress and anxiety in people. The gentle nature of dogs can lift our mood, make us smile and laugh, while also offering unconditional kindness and friendship. What a beautiful experience to feel their calming presence as you practice your asanas.

This is a wonderful opportunity to show your support for the great work *Leader Dogs For The Blind* provides in our local Rochester community and nationwide, while also showing the love for these adorable puppies in training who will eventually help others in need as dedicated service dogs.

Space is limited. Pre-register online:

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



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