

Puppy Love Basic Yoga Class



Saturday, March 21
1:30PM-2:30PM
\$30 per person
(\$35 door)



LEADER DOGS
FOR THE BLIND

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 Yoga studio to greet you with wagging tails for a special Basic Yoga Class! Leader Dog puppy raisers accompanied by their dogs will join us in the practice room during class and everyone will have an opportunity to pet and interact with the dogs after class. All ages 5 and up welcome!

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.

Bring a Yoga mat or rent one of ours for \$4.

Space is limited. Pre-register:

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



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