



IN-STUDIO WEEKLY CLASS SCHEDULE				PRICES	
				All class packages are non-refundable/non-transferable	
Monday	8:30-9:30AM	Slow Flow Yoga	Tina	<b>NEW STUDENTS</b> (in-studio use only) <sup>1</sup>	
	10:30-11:30	Gentle Yoga	Tracy	First Class FREE or 5 Classes for \$15! <sup>2</sup>	
	12:00-1:00PM	Basic Yoga	Tracy	New Student 1-Month Unlimited Pass <sup>1</sup>	\$75
	4:00-5:15	Yin Yoga	Shay	<b>CLASS COUNT PACKAGES</b> (use in-studio and/or online) <sup>3</sup>	
	5:30-6:45	Slow Burn Yoga	Samantha	Single Yoga Class	\$20
	7:00-8:00PM	Basic Yoga	Jill	Single Chair Yoga Class	\$5
Tuesday	8:30-9:45AM	Yin Yoga	Jill	Single Meditation Class	\$5
	10:00-11:00	Basic Yoga	Jill	3-Class Pack	\$50
	12:00-1:00PM	Basic Backs Yoga	Yvonne	10-Class Pack	\$140
	4:30-5:30	Basic Yoga	Yvonne	20-Class Pack	\$240
	6:00-7:15	Ashtanga Yoga	Samantha	<b>UNLIMITED CLASS PACKAGES</b>	
	7:30-8:45PM	Yin Yoga	Tina	(use in-studio or see addl. + cost to add Unlimited Online) <sup>4</sup>	
Wednesday	8:30-9:30AM	Basic Yoga	Yvonne	Monthly Unlimited Autopay (+\$25 w/ Online) <sup>5</sup>	\$125/mo (\$150/mo)
	10:00-11:15	Slow Flow Yoga	Yvonne	1-Month Unlimited Pass (+\$30 w/ Online)	\$150 (\$180)
	12:00-1:00PM	Gentle Yin Yoga	Sandy	3-Mos. Unlimited Pass (+\$65 w/ Online)	\$400 (\$465)
	4:30-5:45	Yin Yoga	Jill	6-Mos. Unlimited Pass (+\$99 w/ Online)	\$750 (\$849)
	6:00-7:15	Hot Vinyasa Yoga	Tina	12-Mos. Unlimited Pass (+\$199 w/ Online)	\$1,400 (\$1,599)
	7:00-8:00	Guided Meditation	Jill	1-Month Unlimited All-Online Pass <sup>6</sup>	\$75
	7:30-8:30PM	Basic Yoga	Yvonne	1-Month Unltd. Facebook Video Only	\$45
				Senior & Student Discount <sup>7</sup>	10%
Thursday	7:15-8:15AM	Rise & Shine Yoga	Kim	Roch. School, Police, Fire & Ascension	10%
	8:30-9:45	Yin Yoga	Karolyn	Crittenton Hospital Employees Discount <sup>7</sup>	10%
	10:00-11:00	Basic Yoga	Tracy	<b>KID'S YOGA</b> (in-studio use only)	
	12:00-1:00PM	Slow Flow Yoga	Sam	Kid's Yoga Single Class	\$15
	4:30-5:30	Basic Yoga	Greta	Kid's Yoga 5-Class Pack	\$55
	6:00-7:15	Hot Vinyasa Yoga	Jill	<b>Private Yoga Instruction</b> (use in-studio and/or online)	
	7:30-8:45PM	Yin Yoga	Tina	Private Yoga Single Session	\$80/hr
Friday	8:30-9:30AM	Slow Flow Yoga	Tina	Private Yoga 4-Pack (60-min sessions)	\$280
	9:45-10:45	Yin Yoga	Tina	<sup>1</sup> New, first-time students of UpDog Yoga for in-person, In-Studio class use only. Limit one offer per person, one time only. MI residents only.	
	11:00-11:45	Chair Yoga	Carole	<sup>2</sup> First Class Free not valid during Christmas, Winter or Spring Breaks. Oakland/Macomb/Wayne/St. Clair/Lapeer counties residence only.	
	12:00-1:00PM	Basic Yoga	Virginia	<sup>3</sup> All Class Count Packages may be used for either in-person, In-Studio classes and/or Online Live Stream classes.	
	4:30-5:30	Friday Fusion (Yoga, Pilates, Barre)	Lynsey	<sup>4</sup> Unlimited Online access can be added to any Unlimited Package (see addl. cost above) to include both Online Live Stream and Facebook Video Library.	
	5:45-7:00	Yin Yoga	Kim	<sup>5</sup> Autopay requires 6-month commitment term with option to renew.	
	7:30-9:00PM	Workshops (see flyers)	Varies	<sup>6</sup> Includes both Online Live Stream and Facebook Video Library access.	
Saturday	8:30-9:45AM	Hot Vinyasa Yoga	Jacqueline	<sup>7</sup> Present valid ID: Seniors age 62+, employee ID, high school or college student ID. Discount valid on regularly priced classes only (cannot be combined with sale prices or other discounts)	
	10:00-11:00	Basic Yoga	Jacqueline	<b>Beginner Yogis</b>	
	11:15-12:30PM	Yin Yoga	Julia	If you are new to Yoga, we recommend Basic, Basic Backs, Yin, Gentle Yoga, Rise & Shine, Chair Yoga, Guided Meditation and Intro to Yoga Series. All provide a basic understanding of breath, postures and alignment at a beginner's pace. If you have questions about a class, or a pre-existing physical condition, please ask a staff member for guidance.	
Sunday	8:30-9:45AM	Hot Vinyasa Yoga	Natalie	You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats are available for \$1. Please arrive 10 minutes early on your first visit to complete a New Student Registration.	
	10:00-10:45	Buti Yoga	Virginia	See reverse side for class descriptions. All regular classes are ongoing weekly. <b>WALK-INS ALWAYS WELCOME!</b>	
	11:00-12:00PM	Basic Yoga	Tracy	<b>UpDog Mission:</b>	
	4:15-5:30	Ashtanga Yoga	Jill	Providing unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment!	
	5:45-6:45	Basic Yoga	Carole		
	7:00-8:15PM	Yin Yoga	Tina		

Winter 2020 In-Studio Schedule (updated 11/15/20)

# 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.

**Chair Yoga** is a modified, gentle form of Yoga practiced sitting on a chair, or standing using a chair for support. It is one of the gentlest forms of Yoga as it invites you to find mobility in a way that is soft and gentle, but also supportive and beneficial. 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.

**Rise & Shine Yoga** is a Basic Yoga class offered in the early morning to stimulate and lengthen the spine and get us moving to start our day. We begin with Sun Salutations, stretching and a light flow combined with breathing technique and some meditation. Beginners and all levels welcome.

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

**Intro to Yoga Series** a multi-week series of classes designed specifically to introduce new students to the benefits and practice of Yoga. Each session builds on the prior week's lesson to create a sense of confidence and self-reliance. Offered quarterly. Perfect for beginners! (see in-studio flyers and website for details)

**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.

**Hot 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. Room heated to approx. 90+ degrees (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).

**Buti Yoga** a soulful blend of Power Yoga, cardio-intensive Tribal Dance, conditioning and deep abdominal toning (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).

**Friday Fusion** is a unique Fusion Class that combines postures and techniques of Yoga, Pilates and Barre in a relaxed atmosphere. Add some FUN to your Fridays and expand your horizons. All levels welcome, come play!

**Kid's Yoga** is designed especially for kids (ages 5 and up). We'll workshop with the kids in Yoga poses, mindful breathing, play yoga-themed games and quiet meditation. Parents can attend the regular adult classes in the big practice room at the same time on Saturdays, so the whole family gets their Yoga!

**Workshops** are offered on a monthly basis typically on Fridays and Saturdays to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga or other metaphysical, spiritual and health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details)

## 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, Chair Yoga, Rise & Shine, Yoga With Props, Guided Meditation and Intro to Yoga Series. Explore Slow Flow, YinYin, Ashtanga, Buti 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?** Inform the instructor when you arrive for class; 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.