

New Year's Day

# 108 SUN SALUTATIONS

with Instructor Tina Pautz



**New Year's Day  
Sunday, January 1st  
12:00PM-1:30PM**

**Regular Class Rates Apply – Walk-ins Welcome!**

***Usher in the New Year with a special holiday class guiding you through 108 Sun Salutations ("Surya Namaskar" in Sanskrit) at UpDog Yoga Rochester***

Sun Salutations (Surya Namaskar A in Sanskrit) are sequential postures designed to detoxify and cleanse as you generate your own body heat by linking breath and movement through the series of repetitive postures.

*108 sounds like a lot!* - and you may not reach that number, but you will be surprised at your strength and how many rounds you can do while reaping the rewards of the cleansing effect.

All levels welcome as this is a guided class. Modifications will be offered from the knees, etc. with ample time for resting poses in between.



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



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named 2017 "Best Yoga Studio In Metro-Detroit by ClickonDetroit.com"