

# Online Live Stream Class Schedule

Our expanded UpDog Yoga From Home Online offerings include:

- **Weekly Online Live Stream Classes** led virtually by an UpDog instructor, enable you to enjoy a variety of regularly scheduled online Yoga and Meditation classes from the comfort of your own home at pre-scheduled times each day of the week.
- **Facebook Video Library** includes full access to 270 individual, pre-recorded Yoga and Meditation class videos from UpDog instructors.

We've also enhanced our standard Class Package offerings to give you the flexibility to attend **both** in-studio and/or online classes on the same package, or we also have Online Only package options:

- **In-Studio/Online Class Packs:** Purchase of any new or existing Class Count Packs (5-pack, 10-pack, 20-pack) are valid for all Online Live Stream classes in addition to in-person, in-studio classes. You may also purchase a single class. Your account will be deducted one class for any online classes you pre-register for and attend (does **not** include Facebook Video Library access).
- **In-Studio Unlimited Packages + Online:** Unlimited Members with an active membership can attend any Online Live Stream classes anytime plus our Facebook Video Library of over 270 pre-recorded classes (in addition to all in-person, in-studio classes)! *Don't have an Unlimited Membership?* See below for Unlimited + Online pricing options which likewise provide full access to all Weekly Online Live Stream classes and the Facebook Video Library, in addition to all in-person, in-studio classes, for duration of your Unlimited package.
- **1-Month Unlimited Online Only Pass:** For those who wish to maintain an in-home practice only, the Online Only Pass gives you access to all online offerings: Weekly Online Live Stream classes, plus Facebook Video Library (does not include in-person, in-studio classes).

## ONLINE LIVE STREAM WEEKLY CLASS SCHEDULE

Mon	10:15-11:15AM	Basic Yoga	Kim L.
	6:00 - 7:00PM	Basic Yoga	Amanda

Tue	9:00AM - 10:00AM	Basic Yoga	Kim L.
	11:00 - 12:00PM	Guided Meditation	Mike
	6:15 - 7:15PM	Basic Yoga	Rachel

Wed	9:00 - 10:00AM	Basic Yoga	Kim L.
	11:00 - 12:00PM	Chair Yoga	Mike
	6:15 - 7:15PM	Slow Flow Yoga	Sandy

Thur	9:00AM - 10:00AM	Slow Flow Yoga	Tina
	6:15PM - 7:15PM	Candle Light Flow Yoga	Kelsey

Fri	9:00 - 10:00AM	Gentle Yoga	Mike
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Sat	9:00 - 10:00AM	Vinyasa Yoga	Tina
	10:15 - 11:15AM	Basic Yoga	Jill

Sun	9:00 - 10:00AM	Basic Yoga	Marilee
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## ONLINE PRICES

All class packages are non-refundable/non-transferable

### CLASS COUNT PACKAGES

Use for in-studio and/or Online Live Stream. Does **not** include Facebook Video

Single Yoga Class	\$17
Single Meditation Class	\$5
5-Class Pack	\$60
10-Class Pack	\$115
20-Class Pack	\$225

### UNLIMITED CLASS PACKAGES (use in-studio or see addl. + cost to add Unlimited Online Live Stream and Facebook Video Library)

Monthly Unlimited Autopay (+\$20 w/ Online) <sup>1</sup>	\$99/mo. ( <b>\$119/mo</b> )
1-Month Unlimited Pass (+\$30 w/ Online)	\$110 ( <b>\$140</b> )
3-Mos. Unlimited Pass (+\$65 w/ Online)	\$295 ( <b>\$360</b> )
6-Mos. Unlimited Pass (+\$99 w/ Online)	\$570 ( <b>\$669</b> )
12-Mos. Unlimited Pass (+\$199 w/ Online)	\$1,100 ( <b>\$1,299</b> )
<b>1-Month Unlimited Online Only Pass</b> <sup>2</sup> Includes both Online Live Stream & Facebook Videos	\$75

#### NOTES:

<sup>1</sup> Autopay requires 6-month commitment term with option to renew at term for the same low rate.

<sup>2</sup> Online access only; does not include in-person, in-studio classes.

## BEGINNER YOGIS

If you are new to Yoga, we recommend Basic, Gentle, Yin Yoga and Guided Meditation to get started. All provide a basic understanding of breath, postures and alignment at a beginner's pace. If you have questions about a specific class, or have a pre-existing physical condition, please contact us: **586-232-9555** or **info@updogyoga.com**

See reverse side for class descriptions. All online classes are ongoing weekly.

# 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.

**Gentle Yoga** is for beginners wanting to start gently, for people working with a health condition, or for those seeking to balance their busy lives with a more relaxed approach. Gently stretch and strengthen the body, connect with breath, and calm the mind.

**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. Appropriate for beginners and all levels.

**Candle Light Flow** melts away stress in a gentle slow flow by candle light and soft music. This slower paced class links breath and movement in a fluid standing sequence combined with some relaxing and restorative stretches to help unwind and let go. Includes a brief meditation by candle light at the beginning and/or end of class.

**Vin-Yin Yoga** is a short Vinyasa Flow combined with a series of Yin postures in a comfortable room temperature for the perfect balance of standing and seated in a 60-minute class. All levels welcome.

**Slow Flow** builds 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 beyond Basic.

**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, this class is for you. Vinyasa is room temperature and for Hot Vinyasa the room is heated to approx. 85-90 degrees (intermediate to advanced levels).

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

**Workshops** offered monthly, typically on Fridays or Saturdays, to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga and other 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, Gentle Yoga, Yin, Candle Light Flow, Guided Meditation and Intro to Yoga Series. Explore VinYin, Slow Flow, Vinyasa and Buti 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 hour 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.