

# HOLISTICALLY EMPOWERED YOGA AND WELLNESS

BREATHWORK-MEDITATION-MENTAL IMAGRY

**Friday, August 8**

**7:30-9:00PM**

**\$44 per person (\$50 door)**



**Presented by:**

**Brian LeFeve**

**at UpDog Yoga Rochester**

EMBARK ON A TRANSFORMATIONAL JOURNEY  
INTO THE MIND



UpDog welcomes coach, speaker and athlete Brian LeFeve for a holistically empowered Yoga and Wellness workshop that blends ancient wisdom with modern neuroscience to guide you through a powerful reset—mentally, physically, emotionally, and spiritually.

This experience includes:

- Zen Stretch & Gentle Movement to unlock tension and increase mobility
- Breathwork to calm the nervous system and reset the body's energy
- Meditation & Mental Imagery to support clarity, inner peace, and focus
- A Mindset & Wellness Talk centered on emotional resilience, purpose, and living with intention
- Spiritual Growth: Exploring mindfulness, self-awareness, and seeing the world through the lens of love, appreciation, peace, and joy

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



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