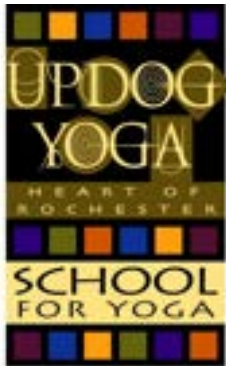


FREE YOGA CLASSES!

Everyone Welcome!

*Presented By The UpDog School For Yoga
Graduating Class of Fall 2024 Yoga Teacher Trainees*



GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO

ALL CLASSES ARE FREE!

SATURDAY, JANUARY 11, 2025

1:00-2:00PM

Basic with Jennifer

2:15-3:15PM

Slow Flow with Alycia

3:30-4:45PM

Short-Form Ashtanga with Anna

SUNDAY, JANUARY 12, 2025

1:00-2:00PM

Slow Flow with Mai

2:30-3:30PM

Basic with Karen

