

FREE Basic Yoga

**At Rochester
Municipal Park**
(located directly behind UpDog Studio)



Free Community Yoga Class

Everyone Welcome!

Monday, August 12

6:30-7:30PM

Join UpDog at Rochester Municipal Park for a FREE Basic Yoga Class in the fresh outdoors! This 60-minute class includes light movement, stretching and a relaxing savasana while tuning into the sights and sounds of nature. Appropriate for all levels – *Everyone welcome!*

Meet at the pavilion just across the walking bridge from the main park entrance off Pine Street (just a 2 minute walk from UpDog).

Bring your Yoga mat and optional blanket. Free loaner mats available on first-come, first-serve basis. Walk-ins Welcome!

Pre-register online:

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

