FREE YOGA CLASSES! Everyone Welcome!

Presented By The UpDog School For Yoga Graduating Class of Spring 2022 Yoga Teacher Trainers



GRADUATION CLASS SCHEDULE - ROCHESTER STUDIO ALL CLASSES ARE FREE!

SATURDAY, JUNE 11, 2022 Slow Flow with Abbey 1:00-2:00PM Yin with Kaitlin 2:15-3:15PM 3:30-4:30PM Slow Flow with Amanda Vinyasa with Misty 4:45- 5:45PM SUNDAY, JUNE 12, 2022 12:30-1:30PM **Basic with Brittney** Slow Flow with Aniya 1:45-2:45PM Slow Flow with Marie 3:00-4:00PM 4:15-5:30PM Ashtanga with Lia SUNDAY, JUNE 19, 2022 Slow Flow with Maria 12:30-1:30PM Yin with Mindy 1:45-2:45PM Vinyasa with Ashley 3:00-4:00PM 4:15-5:15PM Slow Flow with Bethany



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 I 248.608.6668 Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV ClickonDetroit.com