

# Outdoor Basic Yoga

Weekly Tue. & Fri. Classes At The Village

the  
VILLAGE  
OF ROCHESTER HILLS



UPDOG YOGA

**Weekly Tuesdays & Fridays:  
6:00PM-7:00PM Tuesdays  
10:00-11:00AM Fridays**

**\$10 per person advance registration online (\$15 cash at door)**

Join UpDog Yoga Instructors Tina Pautz and Virginia Dodge at The Village of Rochester Hills shopping center for a Basic Yoga Class in the fresh outdoors weekly on Tuesday evenings and Friday mornings! Each 60-minute class includes light movement, stretching and a relaxing savasana. Appropriate for all levels – *Everyone welcome!*

Meet at the outdoor pavilion at The Village shopping mall. Bring your Yoga mat and optional blanket. Pre-register online to save a spot and walk-ins also welcome space permitting.



*The Village Of Rochester Hills is located on the corner of Adams and Walton (Northeast corner) in Rochester Hills, MI*  
<http://www.thevorh.com/hours-and-directions>

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

UPDOG YOGA

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Named 2017 "Best Yoga Studio In Metro-Detroit by WDIV ClickonDetroit.com"