

# Winter 2019 Schedule

(updated 2/1/19)

CURRENT SCHEDULE				PRICES	
				Class packages non-refundable/non-transferable	
Monday	8:30-9:30AM	Slow Flow	Tina	<b>NEW STUDENTS:</b> <sup>1</sup>	
	10:45-11:45	Gentle Yoga	Tracy	First Class FREE or 5 Classes for \$15! <sup>2</sup>	
	12:00-1:00PM	Basic Yoga	Tracy	½ Off 1-Month Pass <sup>2</sup>	\$75
	4:30-5:30	Yoga with Props	Stephanie	<b>CLASS COUNT PACKAGES</b>	
	6:00-7:15	Slow Burn	Lauren	Single Yoga Class (walk-in)	\$20
	7:30-8:45PM	Basic Yoga	Jill	Single Meditation Class	\$5
				Single Chair Yoga Class	\$5
Tuesday	8:30-9:30AM	Vin-Yin Yoga	Jill	3-Class Pack	\$50
	9:45-11:00	Basic Yoga	Maria	10-Class Pack	\$140
	12:00-1:00PM	Basic Backs	Yvonne	20-Class Pack	\$240
	1:15-2:15	Kid's Yoga	Yvonne	<b>UNLIMITED CLASS PACKAGES</b>	
	5:00-6:00	Basic Yoga	Yvonne	1-Month Pass	\$150
	6:15-7:15	Slow Flow	Julie	3-Month Pass	\$400
	7:00-7:45	Buti Yoga	Virginia	6-Month Pass	\$750
	7:30-8:45PM	Yin Yoga	Tina	12-Month Pass	\$1,400
Wednesday	8:30-9:30AM	Basic Yoga	Yvonne	Senior & Student Discount <sup>3</sup>	10%
	9:45-11:00	Slow Flow	Yvonne	Roch. School, Police, Fire & Crittenton Employees	10%
	12:00-1:00PM	Gentle Yin	Emily	<b>KID'S YOGA</b>	
	4:30-5:45	Yin Yoga	Jill	Kid's Single Class	\$15
	6:00-7:15	Hot Vinyasa	Natalie	Kid's 5-Class Pack	\$55
	7:00-8:00	Guided Meditation	Jill	<b>Private Yoga Instruction</b>	\$80/hr
	7:30-8:30PM	Basic Yoga	Yvonne	Private Yoga 4-Session Pack	\$280
Thursday	7:15-8:15AM	Rise & Shine Yoga	Stephanie	<b>NOTES:</b>	
	8:30-9:45	Yin Yoga	Karolyn	<sup>1</sup> New, first-time students of UpDog Yoga.	
	10:00-11:00	Basic Yoga	Tracy	Limit one offer per person, one time only.	
	11:15-12:15PM	Slow Flow	Julie	<sup>2</sup> First Class Free not valid during Christmas, Winter or Spring Breaks. Oakland/Macomb/Wayne/St. Clair/Lapeer counties residence only.	
	5:00-6:00	Basic Yoga	Yvonne	<sup>3</sup> Present valid ID: Seniors age 62+, high school or college students.	
	6:15-7:15	Hot Vinyasa	Jill		
	7:30-8:45PM	Yin Yoga	Tina		
Friday	8:30-9:30AM	Slow Flow	Tina	<b>Beginner Yogis</b>	
	9:45-10:45	Ashtanga	Tina	If you are new to Yoga, we recommend Basic, Basic Backs, Yin, Gentle Yoga, Yoga With Props, Rise & Shine, Chair Yoga, Guided Meditation and Intro to Yoga Series. All provide a basic understanding of breath, postures and alignment at a beginner's pace.	
	11:00-11:45	Chair Yoga	Carole	If you have questions about a specific class, or a pre-existing physical condition, please ask an UpDog staff member for guidance.	
	12:00-1:00PM	Basic Yoga	Emily	You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats available for \$1.	
	4:30-5:30	Friday Fusion (Yoga, Pilates, Barre)	Stephanie	Please arrive 5-10 minutes early on your first visit to complete a New Student Registration.	
	5:45-7:00	TGIY (Yin)	Stephanie	See reverse side for class descriptions. All regular classes are ongoing.	
Saturday	7:30-9:00PM	Workshops (varies see flyers)	Varies		
	8:30-9:45AM	Hot Vinyasa	Maria		
	10:00-11:00	Basic Yoga	Maria		
	10:00-11:00	Kid's Yoga	Erin		
	11:15-12:30PM	Yin Yoga	Stephanie		
Sunday	8:30-9:45AM	Hot Vinyasa	Natalie	<b>WALK-INS ALWAYS WELCOME!</b>	
	10:00-10:45AM	Buti Yoga	Virginia	<b>UpDog Mission:</b>	
	11:00-12:00PM	Basic Yoga	Tracy	Providing unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment!	
	4:15-5:30	Ashtanga	Jill		
	5:45-6:45	Basic Yoga	Emily		
	7:00-8:15PM	Yin Yoga	Tina		

# CLASS DESCRIPTIONS

**Basic Yoga** introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome.

**Basic Backs** is designed to create and maintain a healthy spine through balance. Emphasis is on the physical, emotional and energetic characteristics that directly influence the core region of the body (back and stomach). Attention will be directed to individual needs. Beginners and all levels welcome.

**Chair Yoga** is a modified, gentle form of Yoga practiced sitting on a chair, or standing using a chair for support. It is one of the gentlest forms of Yoga as it invites you to find mobility in a way that is soft and gentle, but also supportive and beneficial.

**Yin Yoga** is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Appropriate for beginners and all levels.

**Gentle Yoga/Gentle Yin** is for beginners wanting to start more gently, for people working with a health condition, and for anyone seeking to balance their busy lives with a more relaxed, therapeutic approach. Gently stretch and strengthen the body, connect with breath, and calm the mind. Attention will be directed to individual needs.

**Vin-Yin Yoga** is a short Vinyasa Flow combined with a series of Yin postures in a comfortable room temperature for the perfect balance of standing and seated in a 60-minute class. All levels welcome.

**Slow Flow** classes build on the foundation established in Basic classes by linking postures and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment for beginners looking to explore beyond Basic.

**Yoga With Props** incorporates the use of different props to assist, enhance or challenge you in various poses. Props such as bolsters, blocks, straps, bands, sand bags and even walls and blankets can be wonderful tools to assist us in coming into a pose, emphasizing proper alignment, and holding a pose for greater body awareness. Appropriate for all levels.

**Rise & Shine Yoga** is a Basic Yoga class offered in the early morning to stimulate and lengthen the spine and get us moving to start our day. Appropriate for all experience levels, we will begin with Sun Salutations, stretching and a light flow combined with breathing technique and some meditation.

**Vinyasa Yoga** combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch or two, this class is for you (intermediate to advanced levels recommended).

**Slow Burn Yoga** blends stretching and strengthening while holding a pose for greater body awareness. A SLOW build, flowing with breath and engaging the core through mindful movements, will make you sweat while eliciting a state of deep relaxation. For those looking for a challenge to sink deeper into your practice and feel the *BURN!*

**Buti Yoga** a soulful blend of Power Yoga, cardio-intensive Tribal Dance, conditioning and deep abdominal toning. (intermediate levels recommended).

**Ashtanga Yoga** traditional system of a series of postures linked together to create a powerful, vigorous flow. The practice combines breath, energy locks, focus and a flow of postures to create a moving meditation (intermediate levels recommended).

**Protect & Perfect Your Pose** is an interactive class with your input in which quality time is spent to explain and practice 2-3 different poses and proper alignment each week, and then incorporate them into a short flow. Appropriate for beginners and all levels to expand and enhance your practice with guidance and support.

**Friday Fusion** is a unique Fusion Class that combines postures and techniques of Yoga, Pilates and Barre in a relaxed atmosphere. Add some FUN to your Fridays and expand your horizons. All levels welcome, come play!

**Kid's Yoga** is designed especially for kids (ages 5 and up). We'll workshop with the kids in Yoga poses, mindful breathing, play yoga-themed games and quiet meditation. Parents can attend the regular adult classes in the big practice room at the same time, so the whole family gets their Yoga!

**Guided Meditation** a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary.

**Intro to Yoga Series** a multi-week series of classes designed specifically to introduce new students to the benefits and practice of Yoga. Each session builds on the prior week's lesson to create a sense of confidence and self-reliance. Offered quarterly. Perfect for beginners!

**Workshops** are offered on a monthly basis typically on Fridays and Saturdays to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of yoga and other health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details)

## FREQUENTLY ASKED QUESTIONS

**What is Yoga?** Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "Yoga" comes from the Sanskrit word "yug," or "union."

**Which Classes Should I Take?** If you're new to Yoga, start with Basic, Gentle Basic/Yin, Basic Backs, Yin, Rise & Shine, Yoga With Props, Protect & Perfect Your Pose, Guided Meditation and Intro to Yoga Series. Explore Slow Flow, Ashtanga, Buti and Vinyasa classes after you build an awareness of breath, postures and alignment.

**How Often Should I Practice?** Ideally 3 times per week to notice a difference in your body. Experienced yogis practice every day.

**What Should I Wear?** Lightweight "workout clothes" with wicking fibers are best. Avoid wearing jewelry.

**Why Shouldn't I Eat Before Practice?** Food interferes with the body's ability to cleanse and detoxify; avoid meals at least 1 hr. prior

**What If I'm Pregnant?** Inform the instructor when you arrive for class; check with your physician before beginning a physical routine.

**What Can Yoga Do For Me?** Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga helps us connect to our body and breath to foster balance of Mind, Body & Spirit.