

# Semi-Outdoor Winter Flow Yoga

Weekly Saturday & Sunday Classes At 11AM  
In The Village Of Rochester Hills Fountain Park



**Weekly Saturdays & Sundays Beginning Jan. 9th:  
11:00AM-12:00PM**

**4-Class Outdoor Pack: \$60 (attend any Saturdays or Sundays)  
Single Outdoor Class: \$20**

*Current UpDog Unlimited Members and Class Pack Holders may use your existing packages*

**Online Pre-Registration with UpDog Yoga Required:**

<https://www.updogyoga.com/outdoor-yoga>

Join UpDog Yoga at The Village of Rochester Hills shopping center for a "semi-outdoor" Winter Flow Yoga Class weekly on Saturday mornings (Slow Flow) and Sunday mornings (Vinyasa) at 11AM. *Online pre-registration with UpDog required - Everyone welcome!*

Winter Flow classes are held OUTDOORS at Village Of Rochester Hills Fountain Park (near Kruse & Muer) in a large open-air tent with heaters and a rubber floor while maintaining social distancing. Dress for the elements, prepared to peel off layers as you generate heat from the class flow!

**Slow Flow** Yoga classes link posture and breath into a moving flow where sun salutations, backbends and inversions are explored.

**Vinyasa** Yoga combines breath and movement into a vigorous, challenging flow.

**Online pre-registration with UpDog required to hold your spot in the tent:** <https://www.updogyoga.com/outdoor-yoga>



*The Village Of Rochester Hills is located on the corner of Adams and Walton (Northeast corner) in Rochester Hills, MI*

<https://thevorh.com/hours-and-directions>