

WESTVIEW ORCHARDS & WINERY

Yoga In The Apple Orchard

SATURDAY, JULY 18 AT 9:30-11:30AM

Join UpDog at Westview Orchards & Winery!



\$25 per person
(\$30 at door)

Includes Yoga Class, Wagon Ride, Cider & Donut!

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

Enjoy a wagon ride into the middle of Westview's picturesque orchards to appreciate all that nature has to offer and enjoy a Basic Yoga Class with UpDog Yoga. Take in the morning sunshine, breathe the fresh Summer air, and feel your stress disappear in the quiet stillness of the orchard!

We'll escort you via wagon ride to the apple orchard for a one-hour Basic Yoga class. We then invite you back to the Cider Barn and picnic area for a refreshing glass of cold apple cider and an award-winning Westview Cider Mill Donut:

- 9:15AM – Please arrive 15 min. early for check-in
- 9:30AM - Wagon Ride To Apple Orchard
- 10:00AM - 11:00AM – Basic Yoga Class In Orchard
- 11:00AM - 11:30AM Wagon Ride Back, Cider & Donut

All ages and Yoga skill levels are welcome (children must be accompanied by an adult). Bring your Yoga mat, towel and face covering (face masks can be removed at your discretion once on your mat during outdoor class).



Westview Orchards & Winery is located at
65075 Van Dyke in Washington, MI
(corner of 30 Mile Rd. and Old Van Dyke)

Pre-register online or call UpDog: 248-608-6668

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www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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