

Outdoor Basic Yoga

At Rochester Municipal Park
(located directly behind UpDog Studio)



Thursday, July 29

6:30-7:30PM

\$5 per person advance registration (\$10 cash at door)

Join UpDog Instructor Virginia Dodge at **Rochester Municipal Park** for a Basic Yoga Class in the fresh outdoors! This 60-minute class includes light movement, stretching and a relaxing savasana while tuning into the sights and sounds of nature. Appropriate for all levels – *Everyone welcome!*

Meet at the pavilion, just across the walking bridge from the main park entrance off Pine Street (just a 2 minute walk from UpDog).

Bring your Yoga mat and optional blanket. Walk-ins Welcome!



Pre-register online:

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