

FREE! Winter Flow Yoga

Weekly Saturday & Sunday Classes At 11AM Feb. 6-28
In The Village Of Rochester Hills Fountain Park

All Classes Are FREE, Plus FREE Swag Bag Gifts Sponsored By T-Mobile!



Weekly Saturdays & Sundays Feb. 6-28
11:00AM-12:00PM

FREE admission with Online Pre-Registration at UpDog Yoga (required):
<https://www.updogyoga.com/outdoor-yoga>

Join UpDog Yoga at The Village of Rochester Hills shopping center for FREE “semi-outdoor” Winter Flow Yoga Classes weekly on Saturday mornings (Slow Flow) and Sunday mornings (Vinyasa) at 11AM sponsored by T-Mobile. **Space is limited and Online pre-registration with UpDog required - Everyone welcome For FREE, plus a FREE Swag Bag Gift each week for all registered attendees!**

Winter Flow classes are held OUTDOORS at Village Of Rochester Hills Fountain Park (near Kruse & Muer and fire pit) 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>



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