

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/rochester-class-schedule>

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 Rochester Village 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/rochester-class-schedule>



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>