

FREE Sunset Yoga

**At Rochester
Municipal Park**
(located directly behind UpDog Studio)



Free Community Yoga Class

Everyone Welcome!

Thursday, July 19

6:30-7:30PM

Join UpDog at Rochester Municipal Park for a FREE Sunset Yoga Class in the fresh outdoors! This 60-minute Basic Yoga 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. Free loaner mats available on first-come, first-serve basis.

