UpDog Yoga *Sterling Heights*

UpDog Yoga From Home Online offerings for Sterling Heights include:

- **Weekly Online Live Stream Classes** led virtually by an UpDog instructor, enable you to enjoy a variety of regularly scheduled online Yoga and Meditation classes from the comfort of your own home at pre-scheduled times each day of the week.
- **Facebook Video Library** includes full access to over 270 individual, pre-recorded Yoga and Meditation class videos from UpDog instructors.

Our standard Class Package offerings give you the flexibility to attend both in-studio and/or online classes on the same package, or we also have Online Only package options:

- **In-Studio/Online Class Packs**: Purchase of any new or existing Class Count Packs (5-pack, 10-pack, 20-pack) are valid for all Online Live Stream classes in addition to in-person, in-studio classes. You may also purchase a single class. Your account will be deducted one class for any online classes you pre-register for and attend (does not include Facebook Video Library access).
- **In-Studio Unlimited Packages + Online:** Unlimited Members with an active membership can attend any Online Live Stream classes anytime and also have access to our Facebook Video Library of over 270 pre-recorded classes (in addition to all in-person, in-studio classes)!
- *Don't have an Unlimited Membership?* See below for **Unlimited + Online** pricing options which likewise provide full access to all Weekly Online Live Stream classes, in addition to all in-person, in-studio classes, for the duration of your Unlimited package.
- **1-Month Unlimited All-Online Pass:** For those who wish to maintain an in-home practice only, the 1-Month Unlimited Online Only Pass gives you access to all online offerings: Weekly Online Live Stream classes, plus Facebook Video Library (does not include in-person, in-studio classes).
- **1-Month Unlimited Facebook Video Library Only:** Great for anyone with limited availability who wishes to practice at home and tailor your own viewing schedule. Watch over 270 pre-recorded class videos anytime at your convenience, all month long (does not include Online Live Stream or in-person, in-studio classes).

Online Live Stream Schedule (updated 11/18/20)

Online Live Stream Weekly Class Schedule

Mon	10:15-11:15AM	Basic Yoga	Kim
Mon	6:00-7:00PM	Basic Yoga	Amanda
Tue	9:00-10:00AM	Basic Yoga	Kim
Tue	6:15-7:15PM	Basic Yoga	Rachel
Wed	9:00-10:00AM	Basic Yoga	Kim
Wed	6:15-7:15PM	Slow Flow Yoga	Kelsey
Thur	10:15-11:15AM	Gentle Yoga	Diane
Thur	5:00-6:00PM	Basic Yoga	Amanda
Fri	6:00-7:00PM	Yin Yoga	Shay
Sat	10:15-11:15AM	Basic Yoga	Jill
Sun	9:00-10:00AM	Basic Yoga	Marilee

Online Prices

All class packages are non-refundable/non-transferable

Class Count Packages May be used for both Online Live Stream and in-person, In-Studio Classes (does not include Facebook Video Library)	
Single Yoga Class	$17
5-Class Pack	$60
10-Class Pack	$115
20-Class Pack	$225
Unlimited Class Packages Unlimited + Online Packages may be used for both in-person, in-studio classes and/or Online Live Stream classes plus Facebook Video Library	
1-Month Unlimited All-Online Pass [1]	**$75**
1-Month Unlimited Facebook Video Pass [2]	**$45**
Monthly Unlimited Autopay **(+$20 w/ Online)** [3]	$99/mo **($115/mo)**
1-Month Unlimited Pass **(+$30 w/ Online)**	$110 **($140)**
3-Mos. Unlimited Pass **(+$65 w/ Online)**	$295 **($360)**
6-Mos. Unlimited Pass **(sale includes Online)** [4]	**$371 SALE**
12-Mos. Unlimited Pass **(sale includes Online)** [4]	**$660 SALE**

Notes:

[1] Includes both Online Live Stream and Facebook Video Library access. Does not include in-person, in-studio classes.

[2] Includes Facebook Video Library access only. Does not include Online Live Stream or in-person, in-studio classes.

[3] Autopay requires 6-month commitment term with option to renew at term for the same low rate.

[4] 12-Mos and 6-Mos. Unlimited Passes are on sale thru 12/2/20. Sale price includes all In-Studio and Online Live Stream classes (sale does not include Facebook Video Library). Purchase online at website for above sale price, or contact studio by phone for deeper discount if paying by cash or check in-person.

Beginner Yogis

If you are new to Yoga, we recommend Basic, Yin and Gentle Yoga. All provide a basic understanding of breath, postures and alignment at a beginner's pace.

If you have questions about a class, or have a pre-existing physical condition, please contact us:

248-608-6668 or Email: info@updogyoga.com

See reverse side for class descriptions. All regular classes are ongoing weekly.

CLASS DESCRIPTIONS

Basic Yoga introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome.

Gentle Yoga/Gentle Yin is for beginners wanting to start more gently, for people working with a health condition, and for anyone seeking to balance their busy lives with a more relaxed, therapeutic approach. Gently stretch and strengthen the body, connect with breath, and calm the mind. Attention will be directed to individual needs.

Yin Yoga is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Beginners and all levels welcome.

Slow Flow classes build on the foundation established in Basic classes by linking postures and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment for beginners looking to explore and expand their practice beyond Basic.

FREQUENTLY ASKED QUESTIONS

What is Yoga? Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "Yoga" comes from the Sanskrit word "yug," or "union."

Which Classes Should I Take? If you're new to Yoga, start with Basic, Basic Backs, Gentle Yoga, Gentle Yin, Yin, and Guided Meditation. Explore Slow Flow classes to further build an awareness of breath, postures and alignment and more cardio.

How Often Should I Practice? Ideally 3 times per week to notice a difference in your body. Experienced yogis practice everyday.

What Should I Wear? Lightweight "workout clothes" with wicking fibers are best. Avoid wearing jewelry.

Why Shouldn't I Eat Before Practice? Food interferes with the body's ability to cleanse and detoxify; avoid meals at least 1 hr. prior.

What If I'm Pregnant? Check with your physician before beginning a physical routine.

What Can Yoga Do For Me? Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga helps us connect to our body and breath to foster balance of Mind, Body & Spirit.

How Do I Sign-Up For Online Live Stream Classes? Visit the "Schedule" page of UpDog website and look for the classes listed as "ONLINE LIVE STREAM". Note there are separate Online Live Stream schedules for either Rochester or Sterling Hgts. studio locations. Any existing class packages you have will be valid for Online Live Stream classes at the studio location you originally purchased them, or you may always purchase additional Online Live Stream classes for either location. Once you pre-register for a class online, a link will be emailed to you to join the class 30 min. prior to the scheduled class time (if you register less than 30-min. prior to class start, you can still attend and will receive a link within a couple of minutes). Click the link sent via email at class time, follow the prompts to access the live stream, and enjoy your class! Please check your spam folder if you do not receive the email and also confirm your email address on file with us is up-to-date by visiting "My UpDog Account" at http://www.updogyoga.com

How Do I Access The Facebook Video Classes? If you're not already a member with a current package, once your purchase is complete, log into Facebook and request to join the group *"UpDog Yoga From Home".* Once approved to the group and logged in:

- From a laptop go to the "Media" tab to view and scroll thru the complete video menu
- From a mobile device, go to the "Photos" tab to view and scroll thru the complete video menu