



## Monday

9:00-10:00AM	VinYin	Kim L.
10:15 - 11:15AM	Basic	Kim L.
6:00 - 7:00PM	Basic	Amanda
7:15 - 8:30PM	Yin	Stephanie

## Tuesday

9:00AM - 10:00AM	Basic	Kim L.
10:15 - 11:30AM	Yin	Kim L.
5:00 - 6:00PM	VinYin	Kim T.
6:15 - 7:15PM	Basic	Rachel
7:30 - 8:30PM	Basic	Rachel

## Wednesday

9:00 - 10:00AM	Basic	Kim L.
5:00 - 6:00PM	Basic	Kim H.
6:15 - 7:15PM	Slow Flow	Kelsey
7:30 - 8:30PM	Guided Meditation	Chuck

## Thursday

9:00AM - 10:00AM	Slow Flow	Tina
10:15AM-11:15AM	Gentle Yoga	Diane
5:00PM - 6:00PM	Basic	Amanda
6:15PM - 7:15PM	Candle Light Flow	Kelsey
7:30PM - 8:30PM	Basic	Audrey

## Friday

9:00 - 10:00AM	Gentle Yoga	Carole
6:00-7:00PM	Yin	Sandy
7:30 - 9:00PM	Workshop	See flyers

## Saturday

9:00 - 10:00AM	Vinyasa	Jill
10:15 - 11:15AM	Basic	Jill
11:30AM - 12:45PM	Yin	Melissa

## Sunday

9:00 - 10:00AM	Basic	Marilee
10:15 - 11:30AM	Yin	Stephanie
5:15-6:15PM	Basic	Stephanie
6:30-7:30PM	Yin	Stephanie

## PRICES

All class packages are non-refundable/non-transferable

## NEW STUDENTS: (in-studio use only)

**First Class FREE or 5 Classes for \$15!**

New, first-time students of UpDog Yoga for in-person, in-studio class use only. Limit one offer per person, one time only. MI residents only.

**½ Off 1-Month Unlimited Pass for \$75**

Can be purchased after/in addition to 5 Classes for \$15. Limit one offer per person, one time only. MI residents only

## CLASS COUNT PACKAGES (use in-studio and/or MindBody online)

Single Yoga Class	\$17
Single Meditation Class	\$5
5-Class Pack	\$60
10-Class Pack	\$115
20-Class Pack	\$225

## UNLIMITED CLASS PACKAGES (use in-studio or see additional cost to include Unlimited Facebook Live and MindBody Online )

Monthly Unlimited Autopay (+\$20 w/ Online)	\$99/mo.
1-Month Unlimited Pass (+\$30 w/ Online)	\$110
3-Months Unlimited Pass (+\$65 w/ Online)	\$295
6-Months Unlimited Pass (+\$99 w/ Online)	\$570
12-Months Unlimited Pass (+\$199 w/ Online)	\$1,100
1-Month Unlimited Online Pass Only Includes both Facebook Live and MindBody Online formats	\$75
Senior & Student Discount Present valid ID: Seniors age 62+, high school or college students. Cannot be combined with sale prices or other discounts.	10%
Sterling Hgts. School, Police, Fire & Henry Ford Macomb Hospital Employees Discount	10%

## BEGINNER YOGIS

If you are new to Yoga, we recommend Basic, Gentle, Yin Yoga and Guided Meditation to get started. All provide a basic understanding of breath, postures and alignment at a beginner's pace. If you have questions about a specific class, or have a pre-existing physical condition, please ask a staff member for guidance.

You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a Yoga mat. Rental mats available for \$1.

Please arrive 10 minutes early on your first visit to complete a New Student Registration. See reverse side for class descriptions. All regular classes are ongoing weekly.

WALK-INS ALWAYS WELCOME!

# 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** is for beginners wanting to start gently, for people working with a health condition, or for those seeking to balance their busy lives with a more relaxed approach. Gently stretch and strengthen the body, connect with breath, and calm the mind.

**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. Appropriate for beginners and all levels.

**Candle Light Flow** melts away stress in a gentle slow flow by candle light and soft music. This slower paced class links breath and movement in a fluid standing sequence combined with some relaxing and restorative stretches to help unwind and let go. Includes a brief meditation by candle light at the beginning and/or end of class.

**Vin-Yin Yoga** is a short Vinyasa Flow combined with a series of Yin postures in a comfortable room temperature for the perfect balance of standing and seated in a 60-minute class. All levels welcome.

**Slow Flow** builds 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 beyond Basic.

**Vinyasa Yoga** combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch, this class is for you. Vinyasa is room temperature and for Hot Vinyasa the room is heated to approx. 85-90 degrees (intermediate to advanced levels).

**Guided Meditation** a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary.

**Workshops** offered monthly, typically on Fridays or Saturdays, to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga and other health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details).

## 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, Gentle Yoga, Yin, Candle Light Flow, Guided Meditation and Intro to Yoga Series. Explore VinYin, Slow Flow, Vinyasa and Buti classes after you build an awareness of breath, postures and alignment.

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

**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 hour prior.

**What If I'm Pregnant?** Inform the instructor when you arrive for class; 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.