

*New Year, New YOU To Get Healthy & Be Happy!*  
**FREE Month Of Unlimited Yoga!**

when you complete our 21-Day Yoga Challenge\*



*Just 3 Weeks To A Healthier, Happier YOU!*

**Take the 21-Day Yoga Challenge and receive One FREE Month of Unlimited Yoga as your reward!\***

***How It Works***

- Open to everyone. To participate, all you need to do is maintain a regular Yoga practice at UpDog for 21 days in a row by taking any of our Yoga classes once a day, everyday for 3 weeks.
- You can start your 21 days at any time. Just let us know at the Front Desk whenever you're ready to start, and we'll keep track for you based on your daily class sign-ins.
- If you do miss a day, you can make it up by taking two classes the next day.

If you rise to the challenge and complete all 21 days, you'll reap the benefits of better health **AND your next month of Yoga at UpDog is FREE!**

***Create The Change You Want To See!***

A regular, consistent Yoga practice has so many physical, spiritual and emotional health benefits that can start to be realized in only *a matter of weeks!*

After 3 weeks, you will begin to feel and realize some of these benefits, but more importantly you are forming the foundation of a healthy habit to continue to grow your Yoga practice ongoing for long-term health and longevity.

You can't spell  
**CHALLENGE**  
Without **CHANGE**



\* Limit one FREE Month Unlimited per person, one time only, for completing 21-Day Challenge.



[www.updogyoga.com](http://www.updogyoga.com) | 210 W. University Dr., Rochester, MI 48307 | 248.608.6668