



WESTVIEW ORCHARDS & WINERY

Sunflower Yoga

SATURDAY, AUGUST 1ST AT 8:30-10:30AM

Join UpDog Yoga at Westview Orchards & Winery



\$30 per person (\$35 door)

Includes Yoga Class, Wagon Ride and U-Pick Sunflower Bloom!

Pre-registration with Westview required:

<https://westvieworchardsandwinery.ticketspice.com/sunflower-festival>

586-752-3123

Take in the morning sunshine and fragrant fresh flowers with “Yoga in the Sunflowers” at Westview Orchards & Winery. We’ll escort you via wagon ride out to the peaceful sunflower field for a one-hour Basic Yoga class where you can choose your own fresh sunflower to bring home with you!

- 8:15AM – Please arrive 15 min. early for check-in
- 8:30AM - Wagon Ride To Sunflower Field
- 9:00AM - 10:00AM – Basic Yoga Class In Sunflowers
- 10:00AM - 10:30AM U-Pick Sunflower and Wagon Ride Back

All ages and Yoga skill levels are welcome (children must be accompanied by an adult). Bring your Yoga mat, towel and face covering (face masks can be removed at your discretion once on your mat during outdoor class).



*Westview Orchards & Winery is located at
65075 Van Dyke in Washington, MI
(corner of 30 Mile Rd. and Old Van Dyke)*

Space is limited. Register online with Westview Orchards & Winery:

<https://westvieworchardsandwinery.ticketspice.com/sunflower-festival>

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www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named 2017 “Best Yoga Studio In Metro-Detroit” by WDIV ClickonDetroit.com