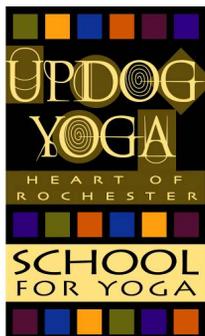


# FREE YOGA CLASSES!

**Everyone Welcome!**

Presented By The UpDog School For Yoga  
Graduating Class of Fall 2025 Yoga Teacher Trainees



## GRADUATION CLASS SCHEDULE - UPDOG ROCHESTER STUDIO

**ALL CLASSES ARE FREE!**

### SATURDAY, JANUARY 10, 2026

- 1:00-2:00PM Slow Flow with Brenna
- 2:15-3:15PM Basic with Michelle
- 3:30-4:30PM Yin with Lucy

### SUNDAY, JANUARY 11, 2026

- 1:00-2:00PM Slow Flow with Diane
- 2:30-3:30PM Basic with Lori
- 4:15-5:30PM Ashtanga with Ashley

### SUNDAY, JANUARY 18, 2026

- 1:00-2:00PM Slow Flow with Kasey
- 2:30-3:30PM Basic with Krystal
- 4:15-5:30PM Ashtanga with Amber

Pre-register online at Schedule page of our website, or walk-ins are welcome:

<https://www.updogyoga.com/rochester-class-schedule>



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