

HOLISTICALLY EMPOWERED YOGA AND WELLNESS

BREATHWORK-MEDITATION-MENTAL IMAGRY

Friday, August 8

7:30-9:00PM

\$44 per person (\$50 door)



Presented by:

Brian LeFeve

at UpDog Yoga Rochester

EMBARK ON A TRANSFORMATIONAL JOURNEY
INTO THE MIND



UpDog welcomes coach, speaker and athlete Brian LeFeve for a holistically empowered Yoga and Wellness workshop that blends ancient wisdom with modern neuroscience to guide you through a powerful reset—mentally, physically, emotionally, and spiritually.

This experience includes:

- Zen Stretch & Gentle Movement to unlock tension and increase mobility
- Breathwork to calm the nervous system and reset the body's energy
- Meditation & Mental Imagery to support clarity, inner peace, and focus
- A Mindset & Wellness Talk centered on emotional resilience, purpose, and living with intention
- Spiritual Growth: Exploring mindfulness, self-awareness, and seeing the world through the lens of love, appreciation, peace, and joy

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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