NEIGHBORHOOD HOUSE
Rochester Area
Neighbors Helping Neighbors

UPDOG YOGA

Once again this holiday season, UpDog Yoga has joined with *Rochester Area Neighborhood House* (RANH) to help local families in their time of need. Please consider purchasing a gift from our "Giving Tree" and help families by providing a little something extra during the holiday season.

We have **"Wish Tags" on our *Giving Tree* located in the lobby of UpDog's Wellness Union (across the hall from the Studio)**. If you prefer, you may also participate online by visiting the *Giving Tree* direct link to make a gift selection and then bring your unwrapped gift to the UpDog front desk by Dec. 7th **https://www.signupgenius.com/go/10C0A4CA4AD2BA4FEC16-65829428-updog - /**

Step 1) Select a *Wish Tag* from the *UpDog Giving Tree* in-studio (or visit the Giving Tree online link)

Step 2) Purchase the items listed on your *Wish Tag* (new items only)

Step 3) Tape or tie your *Wish Tag* to your purchased gift(s) and return them **unwrapped** to the UpDog Front Desk by Tuesday, December 2nd. UpDog Teacher Trainers will deliver all collected gifts to RANH for wrapping and distribution.

Please Bring Your Unwrapped Gifts To UpDog
No Later Than Monday, December 7th

Thank You UpDog Community For Your Generous Support – Namaste!

Visoka va jyotismati

The light within is free from suffering and sorrow. –Yoga Sutra 1.36

During this darkest of seasons, kindle your heart's flame and share your light with the world. The end of the year can be an appropriate time for reflecting on the importance of cultivating and nurturing your inner light. If you take the time to travel to that quiet place within, you will find your own light and with it a sense of clarity, hope and joy. When you connect with that light, you can bring it forth and share it with the world around you.

UPDOG YOGA **www.updogyoga.com I 210 W. University Dr., Rochester, MI 48307 I 248.608.6668**