



ROCHESTER
MUNICIPAL PARK

FREE Basic Yoga

**At Rochester
Municipal Park**

(located directly behind UpDog Studio)



Free Community Yoga Class

Everyone Welcome!

Wednesday, July 10

6:30-7:30PM

Join UpDog at Rochester Municipal Park for a FREE Basic Yoga Class in the fresh outdoors! This 60-minute class includes light movement, stretching and a relaxing savasana while tuning into the sights and sounds of nature. Appropriate for all levels – *Everyone welcome!*

Meet at the pavilion just across the walking bridge from the main park entrance off Pine Street (just a 2 minute walk from UpDog).

Bring your Yoga mat and optional blanket. Free loaner mats available on first-come, first-serve basis. Walk-ins Welcome!

Pre-register online:

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



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"