

Roller Yoga

**Get Your Yoga
On, Then Get
Your Skate On!**

Sunday, November 9

11:00AM-1:00PM

\$35 per person (pre-registration with UpDog Yoga required)



**Join UpDog Yoga for A "Roller Yoga" Private Skate Party
At The New Rink Skate Sports Complex In Shelby Twp.**

***\$35 per person includes 45-minute Yoga Stretch Class with UpDog
Instructor Yvonne Clark, Private Group 1-hour Free Skate with Live DJ,
and Skate Rental - All Included!***

Bring the whole family and/or your Yoga pals for some Sunday afternoon fun and just roll with it - with UpDog Yoga at The New Rink in Shelby Twp.

We'll have the entire indoor rink to ourselves as we start with a 45-min. Basic Yoga stretch class with Yoga mats center rink to get you warmed-up. Then lace-up your skates (skate rental included) and hit the rink for one hour of free skate at your leisure and pace, complete with a live DJ spinning tracks to get your groove on! At the end of free skate, Yvonne leads a relaxing final stretch and savasana center rink.

All ages and all experience levels welcome, whether you're a first-time beginner or advanced yogi or skater. Bring your Yoga mat and we'll have extra free mats available for use (first-come, first serve).

Pre-registration with UpDog Yoga required:

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

*The New Rink is located at 50625 Van Dyke Ave. in Shelby Twp
(just south of 23 Mile Rd. on Van Dyke)
586-731-5006*



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