

INTRO TO KUNDALINI YOGA & GONG IMMERSION



Nov 17 | 4 - 6 pm | \$30 advance / \$40 day of
Valerie Weir & Dale Prentiss



Updog Yoga
210 W University Dr
Rochester, MI 48307
(248) 608-6668

[www.updogyoga.com/
workshops/workshops-
rochester](http://www.updogyoga.com/workshops/workshops-rochester)

**Beyond the posture lies a
personal retreat into the
gentle waters of kundalini
yoga.**

Don't miss this time of total
relaxation. Take your mind to
another place.

The event, presented by
Valerie Weir and Dale
Prentiss & featuring seven
planetary gongs, begins with
a kundalini yoga set and a
guided meditation, to help
transition you into a
meditative slumber.

Bring a friend, a partner, or
just yourself. This workshop is
great for those who do yoga
every day, but it's equally
effective for those new to
yoga!