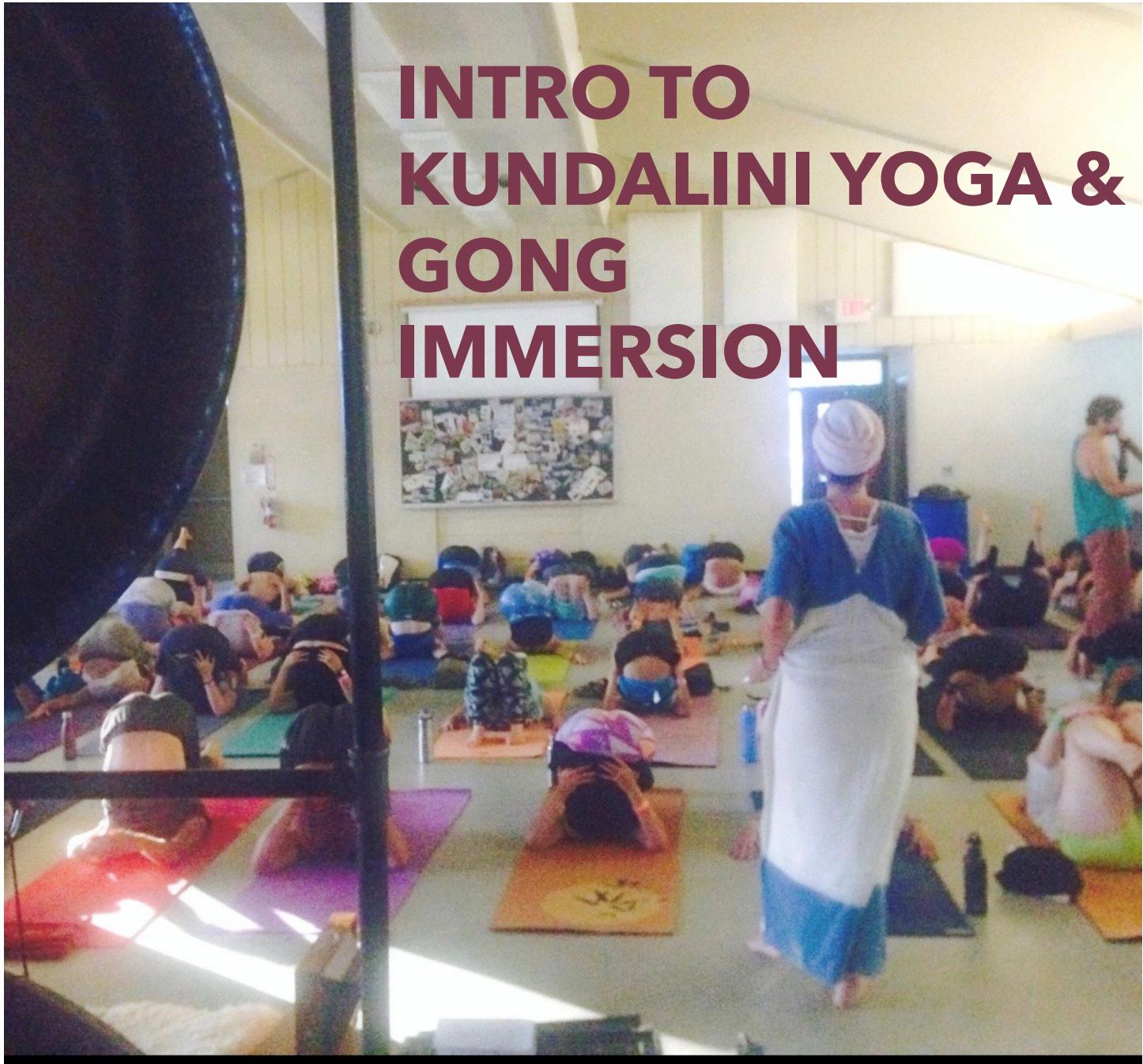


# INTRO TO KUNDALINI YOGA & GONG IMMERSION



Dec 8 | 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/](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!