

# 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/  
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!