

# FREE! Winter Flow Yoga

Weekly Saturday & Sunday Classes At 11AM Feb. 6-28  
In The Village Of Rochester Hills Fountain Park

*All Classes Are FREE, Plus FREE Swag Bag Gifts Sponsored By T-Mobile!*



**FREE admission with Online Pre-Registration at UpDog Yoga (required):**

**<https://www.updogyoga.com/outdoor-yoga>**

Join UpDog Yoga at The Village of Rochester Hills shopping center for a FREE “semi-outdoor” Winter Flow Yoga Class weekly on Saturday mornings (Slow Flow) and Sunday mornings (Vinyasa) at 11AM sponsored by T-Mobile. **Space is limited and Online pre-registration with UpDog required - Everyone welcome For FREE, plus a FREE Swag Bag Gift each week for all registered attendees!**

Winter Flow classes are held OUTDOORS at Village Of Rochester Hills Fountain Park (near Kruse & Muer and fire pit) in a large open-air tent with heaters and a rubber floor while maintaining social distancing. Dress for the elements, prepared to peel off layers as you generate heat from the class flow!

**Slow Flow** Yoga classes link posture and breath into a moving flow where sun salutations, backbends and inversions are explored. **Vinyasa** Yoga combines breath and movement into a vigorous, challenging flow.

**Online pre-registration with UpDog required to hold your spot in the tent:**

**<https://www.updogyoga.com/outdoor-yoga>**



The Village Of Rochester Hills is located on the corner of Adams and Walton (Northeast corner) in Rochester Hills, MI

**<https://thevorh.com/hours-and-directions>**



**[www.updogyoga.com](https://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**