

# HAPPY BIRTHDAY UPDOG!

8<sup>TH</sup> ANNUAL BIRTHDAY BASH

MARCH 13<sup>TH</sup>, 2009

ALL CLASSES... FREE ALL DAY!

CATERING... BY SWEET MELISSA AND DEVIKA!

DONATIONS... \$10 SUGGESTED!

8:30-9:45am	Vinyasa (Melissa)
9:45-11:00am	Kid's Playshop
10:00-11:00am	Basic I (Melissa)
11:15a-12:15pm	Wall (Patty)
12:30-1:45pm	Vinyasa (Patty)
2:30-3:45pm	Yin (Peggy)
4:00-5:30pm	Vinyasa (Natalie)



All Day

Catering by Melissa  
Catering by Devika  
Downtown Wellness Union  
UpDog Studio B

Great Eats!  
Ditto!  
Walk-throughs!  
Free Tours!

UpDog Yoga • 210 W. University, Suite 7, Rochester, MI 48307 • 248-608-6668

[www.updogyoga.com](http://www.updogyoga.com)

