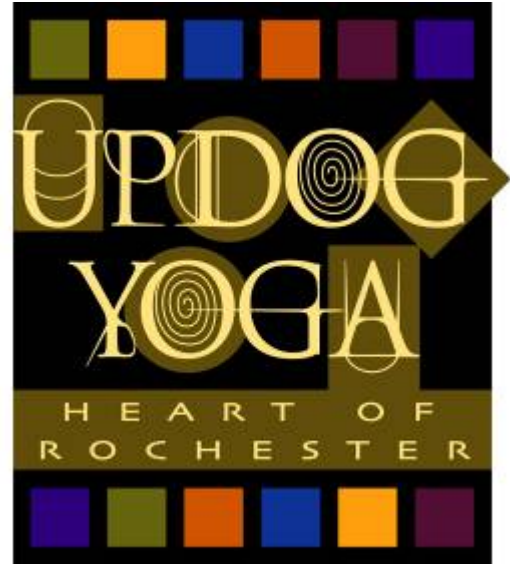


## Introducing the UpDog Yoga Intro to Ashtanga Series

“Intro to Ashtanga”  
Every Monday & Wednesday  
4:30-5:45pm

Wondered about the benefits of “hot yoga”?  
Want to start taking some “tougher” classes,  
but not sure where to start? Interested in  
deepening your existing practice? This is the  
class for you!



Taught by our amazing Diana every Monday and Wednesday night, this class is designed to help dispel the mystery around Ashtanga yoga, and help guide you into a more fundamental understanding of how to take your personal practice deeper. This class acts as a “regular class” on the schedule (no additional cost or pre-registration required – just a strong desire to expand your horizons ... and have some fun!).

“Short Form” Ashtanga  
Every Tuesday & Thursday  
4:30-5:45pm

As part of our commitment to re-introducing our students to this profound, fundamental system of yoga practice, UpDog will be featuring traditional “short form Ashtanga” classes every Tuesday and Thursday evening, from 4:30-5:45pm. Taught by Yvonne, these classes will be rooted in the traditional “short form” Ashtanga series, and are perfect for those with a seasoned yoga practice, as well as those just entering the world of “hot(ter) yoga.”

