

“Village People” Help UpDog Yoga, Om Squad Lift Holiday Spirits



Rochester, MI: If the remaining Saturdays in December are anything like the first, families and children in need in Oakland County may have a merrier holiday than they might have thought.

That’s because UpDog Yoga’s Om Squad, in conjunction with the Village of Rochester Hills, have teamed up to create a “Free Yoga Center” every Saturday Morning in the Village. In its first week alone, the initiative held class for nearly 100 local yoga students, and helped raise thousands of dollars in coats, food, toiletries and toys for the Baldwin Center in Pontiac, Michigan.

“The response was absolutely fantastic,” notes UpDog/Om Squad Owner Duane Utech. “People just kept coming and coming, bringing donations by the trunk load. We literally filled our van with stuff – it was truly spectacular.”

Adds Village Director of Marketing Shelleen McHale: “We don’t often have vacant space here at the Village, so this was a perfect use of our one vacant store front during this season of need. To offer our customers a way to de-stress a bit during the holidays, while at the same time giving back to the community in such a big way, is a huge part of our mission here at the Village of Rochester Hills.”

Free Classes take place every Saturday morning from now until December 24. Two classes are offered each day (“Hot” Power Yoga, from 10-11:15, and “Basic/Beginner” Yoga, from 11:30-12:30); students are asked to bring their donation with them as the “price” of taking the class.



Notes Baldwin Center Director Jason Morgan, “its as though angels, in the form of yogis, have magically appeared at a very critical time for us. Our needs – to clothe, educate and feed – have never been greater, and the Om Squad and Village of Rochester Hills have literally come out of nowhere to help fill those needs. We could not be more pleased or gratified.”

UpDog Yoga's Om Squad© is a traveling Yoga 2 Go© team of certified yoga and meditation instructors who provide yoga outreach, including charitable work, for organizations, corporations, schools, hospitals, shelters and special events in and around Michigan.

"We're really excited about this program," said UpDog Yoga Owner Duane Utech. "It's a chance for us to help the Baldwin Center--where the Om Squad also holds free yoga classes weekly for those in need--and hopefully bring a little peace and joy to the community at large during what can be a stressful time of year."



The Baldwin Center's mission is to feed, clothe, educate and empower the men, women and children of the Pontiac community. The nonprofit center is in need of toiletries, canned goods, warm clothes and new, unopened gifts, especially for teenagers. For more information, visit www.baldwincenter.org.

The Village of Rochester Hills is located at the intersection of Adams Road and Walton Boulevard. For more information, visit www.thevorh.com or phone (248) 375-9451. For information on the Om Squad, visit www.updogyoga.com or phone (248)

608-6668.

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ABOUT THE VILLAGE OF ROCHESTER HILLS

An upscale shopping center in the community of Rochester Hills, the Village of Rochester Hills features 375,000 square feet of retail space with 50 stores, anchored by Parisian and Whole Foods. The Village provides shoppers with tree lined boulevards, convenient parking and notable restaurants including Bravo! Cucina Italiana, Kruse & Muer, Max & Erma's, Mitchell's Fish Market and Starbucks.

Media Contacts:

Michelle Fusco

Focus Communications

586-713-4051

michellefusco@aol.com

Shelleen McHale

Director of Marketing

Village of Rochester Hills

248-824-3472

mchale@rbaikens.com