



New Workshop!

UpDog's First Ever RestoraYin© with Massage

With Peggy Klauer and Friends

Please join Peggy Klauer and friends for the first-ever RestoraYin© Yoga Experience!

Your 2-hour journey to bliss will include:

- ☯ Full Yin Class with emphasis on Restorative Postures
- ☯ In-class Massages from our friends at the DWU
- ☯ Aroma-therapy

Advance registration is required!

Date: Friday, August 27, 2010

Time: 7:15-9:15pm

Location: UpDog Main Studio

Cost: \$20 in advance; \$25 at the door.

