



UPDOG YOGA

HEART OF ROCHESTER

Restorative Yoga

First Friday of Every Month
7:15-8:30pm

Relax ... Rejuvenate ... Restore

Restorative Yoga is a way to replenish the mind, body and spirit.

Skillfully using props to modify traditional yoga poses, this practice will gently open the body to deep relaxation and rejuvenation.

Supportive poses help to prevent and reduce the effects of stress, cultivate mindfulness and reconnect you to your source of inner peace.

Space is limited, so advanced reservations are strongly recommended. No yoga experience is required; all are welcome. Class is \$20 in advance; \$25 at the door (or use your class package).

Call 248-608-6668 or visit www.UpDogYoga.com for more info.