



Winter 2012 Schedule

CURRENT SCHEDULE				PRICES	
Monday	8:30-9:30	"Cool Vinyasa"	Tina	New Students: 1 st week FREE! ¹	
	9:45-11:00	Basic Level II	Lynne	Single Class (walk-in)	\$17
	12:00-1:00	Basic Level I	Tracy	CLASS COUNT PACKAGES³	
	4:30-5:45	Intro to Ashtanga	Diana	3-class Guest Pack	\$40
	6:00-7:15	Vinyasa	Diana	10-class Pack	\$120
	7:30-8:30	Basic Level I	Peggy	20-class Pack	\$200
Tuesday	8:30-9:30	Basic Level II	Lynne	UNLIMITED CLASS PACKAGES³	
	9:45-11:00	Basic Level I	Lynne	1-month Pass	\$140
	12:00-1:15	Basic Backs	Patty	3-month Pass	\$350
	4:30-5:45	Ashtanga	Yvonne	6-month Pass ²	\$650
	6:00-7:15	Vinyasa	Natalie	12-month Pass ²	\$1,200
	7:30-8:30	Basic Level I	Tina	Private Instruction	\$80/hour
				Senior ⁵ & Student Discount	15%
Wednesday	8:30-9:30	Basic Level I	Maria	Series: Intro to Yoga, Intro To Meditation and 6am Yoga (Pre-reg. required) \$99-125	
	9:45-11:00	Basic Level II	Diana		
	12:00-1:00	Basic Backs	Patty		
	4:30-5:45	Intro to Ashtanga	Diana	NOTES	
	6:00-7:15	Vinyasa	Lynne		
	7:30-8:30	Basic Level I	Lynne		
Thursday	8:30-9:45	Yin	Lynne	¹ Tri-county (Oakland/Macomb/Wayne) only; not valid during Christmas, Winter or Spring Breaks. ² 6- and 12-month members receive 10% on merch all the time, select workshops! ³ Class Packages non-refundable/non-transferable. ⁴ Workshop schedule varies; some extra cost may apply; check front desk for details and schedule. ⁵ Senior Discount is aged 62 and older.	
	10:00-11:00	Basic Level I	Tracy		
	11:15-12:15	Pilates	Diana		
	4:30-5:45	Ashtanga	Yvonne		
	6:00-7:15	Vinyasa	Diana		
	7:30-8:30	Basic Level I	Diana		
Friday	8:30-9:30	Basic Level II	Patty	Effective February 2, 2012 If you are new to yoga or meditation, we recommend Basic Level I, Basic Backs, TheraYoga®, Yin, or the Intro to Yoga/Intro to Meditation Series. All provide a basic understanding of breath and alignment, and reduce the risk of injury. If you have questions about a specific class, or have a pre-existing injury, please ask an UpDog staff member for guidance. You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a yoga mat. Loaner mats are available for new students. Please come early on your first visit. See reverse side for class descriptions; all regular classes are ongoing walk-in sessions.	
	9:45-11:00	Vinyasa	Diana		
	12:00-1:00	Basic I	Patty		
	5:15-5:40p	TGIF Meditation & Pranayama (Dharma)	Peggy & Friends		
	5:45-7:00p	TGIY (Yin)	Peggy		
	7:15-9:00p	Workshops (Varies; See Flyers)	Various		
Saturday	8:30-9:45	Vinyasa	Lynne	The UpDog Mission: Providing unparalleled levels of yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment!	
	10:00-11:00	Kid's Yoga Playshop	Yvonne		
	10:00-11:00	Basic Level I	Lynne		
	11:15-12:30	TheraYoga®	Maria		
	1:00-2:00	Pre-Natal Yoga	Tessa		
	2:30-3:45	Yin	Peggy		
Sunday	4:00-5:15	Ashtanga	Natalie		
	8:30-10:00	Vinyasa	Natalie		
	11:00-12:00	Basic Level I	Tracy		
	4:00-5:15	Ashtanga	Francis		
	5:30-6:45	Basic Level I	Francis		

CLASS DESCRIPTIONS

Ashtanga/Intro to Ashtanga Yoga is a traditional system composed of a series of postures linked together to create a powerful, vigorous flow. The practice combines breath, energy locks, focus and a flow of postures to create a moving meditation.

Basic Level I is designed to introduce basic yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations.

Basic with Meditation offers a mild asana (posture) flow with guided meditation.

Basic Level II/Slow Flow classes build on the foundation established in Basic Level I classes by linking posture and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored. Vinyasa-style but in a cooler environment.

Basic Backs is designed for the student looking to create and maintain a healthy spine through balance. Emphasis is on the physical, emotional and energetic characteristics that directly influence the core region of the body (back and stomach). Attention will be directed to individual needs.

Dharma Classes are "by donation" community classes intended to share the essentials of mediation, basic and advanced yoga according to Buddhist traditions.

Intro to Yoga Series is a system of eight (8) classes designed specifically to help introduce new students to the benefits and practice of yoga. The Series builds on each lesson to create a sense of confidence and self-reliance in the student who wants to make yoga an integral part of his or her life.

TheraYoga© and RestoraYin© are copyright protected proprietary class names of UpDog Yoga. All rights reserved.

Intro to Meditation Series is a system of five (5) classes designed to help introduce new and experienced students to the noble practice of seated meditation. The Series builds on each lesson to create a sense of balance, peace and calm. Perfect for students of all levels.

Restorative Yoga/RestoraYin© use props to modify postures and gently open the body to deep relaxation and rejuvenation. Restorative is held the first Friday of each month; RestoraYin© held approximately every other month. Recommended for all levels. Advanced registration required.

TheraYoga© is a therapeutic style of yoga designed to assist students with specific health issues and limitations, as well as those who seek to deepen their regular practices by mindfully balancing their mental and physical states through yoga therapy.

Vinyasa Yoga combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch or two, this class is for you (advance levels recommended). NOTE: Class is NOT heated for "cool Vinyasa."

Workshops are offered on a weekly and monthly basis to help students expand their practices, gain insight into new traditions and techniques, and fine-tune their existing understanding of yoga. Workshops include Restorative, RestoraYin©, Kundalini, Rock Asana, Yin, Iyengar, Meditation and more!

Yin Yoga is a deep, soft, yet challenging practice that focuses on deeper, longer stretching and holding of postures to help open the lower back, hips and sacrum. This guided flowing class helps work with the posture to open and heal sciatica, lower back and hip muscles and joints, and serves as the perfect compliment to a Basic I, II or Flow class.

FREQUENTLY ASKED QUESTIONS

What is Yoga? Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "yoga" comes from the Sanskrit word "yug," or "union."

Which Classes Should I Take? If you're new to yoga, start with Basic I or Intro to Yoga Series. Move to Basic II, Vinyasa and Ashtanga classes after you build an awareness of breath, postures and alignment.

How Often Should I Practice? Your first week is free, so try to take advantage of as many different teachers, times and classes as possible, depending on your experience levels. Typically, experienced yogis and yoginis practice every day.

What Should I Wear? Lightweight "workout clothes" are best.

Why Shouldn't I Eat Before Practice? Food interferes with the body's ability to cleanse and detoxify.

What If I'm Pregnant? Please inform your teacher; check with your physician before beginning a physical routine.

What Can Yoga Do For Me? Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga can also help develop and maintain a daily meditation practice.

DO'S AND DON'TS

DO ...

Arrive 10 minutes prior to scheduled start time.
Check-in at the front desk prior to class.
Bring your own practice mat (or rent one at the desk).

DON'T ...

Eat 2-3 hours before class.
Wear perfumes, lotions or cologne.
Bring cell phones or pagers into class.