



UpDog Yoga Presents Spring Buddha Camp

A Weekend Retreat
In Rochester's Heart
March 2-4, 2012

Cost for Friday Only: **\$25**
Cost for Saturday Only: **\$75**
Cost for Sunday Only: **\$75**
Cost for All Three Days: **\$125**

Friday, March 2nd

6:30-7:00p
7:15-9:15p

Group Welcome with Meditation & Yogi Tea with Duane
RestoraYin Yoga with Massage with Peggy & Friends

Saturday, March 3rd

6:00-7:30a
7:30-8:30a
8:30-10:00a
10:15a-12:30p
12:30-2:00p
2:15-3:45p
4:00-5:15p
6:00-7:30p
8:00a-6:00p

Baba G Yoga Fusion – Kick It Up!!!
Yogi Tea, Yogi Breakfast
Hip & Shoulder Opener Workshop with Lynne Baum
Sacred Geometry: Yantras & Mandalas with Leon LaBrecque
Delicious Luncheon @ The Wellness Union
Yin Yoga with Peggy Klauer
Ashtanga Yoga with Natalie Mitoraj
Gong Workshop with Connie Hansen and Friends
Thai Yoga Massage with the amazing gang @ The Wellness Union!

Sunday, March 4th

6:00-7:30a
7:30-8:30a
8:30-10:00a
10:15a-12:30p
12:30-2:15p
1:00-3:00p
8:00a-6:00p

Baba G Yoga Fusion – Kick It Up!!!
Yogi Tea, Yogi Breakfast
Inversion Workshop with Diana Milne
Making Malas with Magic Mike the Mala Man!
Delicious Luncheon @ The Wellness Union
Malas, Mantras & Meditation with Baba G
Thai Yoga Massage with the amazing gang @ The Wellness Union!

