



# Sterling Heights

Monday	9:00AM - 10:00AM	Slow Flow	Amy
	6:30PM - 7:30PM	Basic	Julie

Tuesday	9:00AM - 10:00AM	Basic	Josh
	10:15AM - 11:30AM	Yin	Nina
	6:30PM - 7:30PM	Basic	Rachel

Wednesday	9:00AM - 10:00AM	Basic	Kim L.
	6:15PM - 7:15PM	Slow Flow	Kelsey
	7:30PM - 8:30PM	Guided Meditation	Chuck

Thursday	9:00AM - 10:00AM	Basic	Tina
	6:15PM - 7:15PM	Vinyasa	Kelsey
	7:30PM - 8:30PM	Basic	Jacqueline

Friday	9:00AM - 10:00AM	Gentle Yoga	Julie
	6:00PM-7:00PM	PiYo	Kim H.
	7:30PM - 9:00PM	Workshop (varies)	See flyers

Saturday	9:00AM - 10:00AM	Slow Flow	Jill
	10:15AM - 11:15AM	Basic	Jill
	11:30AM - 12:45PM	Yin	Melissa

Sunday	9:00AM - 10:00AM	Basic	Nina
	10:15AM - 11:30AM	Yin	Nina

## PRICES

Class packages non-refundable/non-transferable

### NEW STUDENTS:

**First Class FREE or 5 Classes for \$15!**

New, first-time students only. One offer per person, one time only. Michigan residents only.

### CLASS COUNT PACKAGES:

Single Yoga Class (Walk In)	\$17
5- Class Pack	\$60
10- Class Pack	\$115
20- Class Pack	\$225

### UNLIMITED CLASS PACKAGES:

1-Month Unlimited Pass	\$110
Monthly Unlimited Autopay (6-mos. minimum term)	\$99/mo.
3-Month Unlimited Pass	\$295
Senior & Student Discount <small>Present valid ID: Seniors age 62+, high school or college students</small>	10%
Sterling Hgts. School, Police, Fire & Henry Ford Macomb Hospital Employees Discount	10%

### UpDog Mission:

Provide unparalleled levels of Yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment.

## BEGINNER YOGIS:

If you are new to Yoga or Meditation, we recommend Basic or Yin. Both 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. Rental mats available \$1. Please arrive 5-10 minutes early on your first visit to complete New Student Registration. See reverse side for class descriptions; all regular classes are ongoing.

**WALK-INS ALWAYS WELCOME!**

# Class Descriptions

**Basic Yoga** introduces basic Yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations. Beginners and all levels welcome

**Yin Yoga** is a soft, slow moving practice that focuses on deeper, longer stretching of tissues and joints and holding of postures to help open the lower back, hips and sacrum. This guided flowing class is primarily seated on the floor and helps open and heal sciatica, lower back, hip muscles and joints. Appropriate for beginners and all levels

**Gentle Yoga** is for beginners wanting to start gently, for people working with a health condition, or for those seeking to balance their busy lives with a more relaxed approach. Gently stretch and strengthen the body, connect with breath and calm the mind.

**Guided Meditation** a casual guided meditation using a variety of simple, mindfulness meditation techniques which vary weekly. No meditation experience necessary

**Intro to Yoga Series** classes designed specifically to 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. Offered quarterly

**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 for beginners looking to explore beyond Basic

**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 (intermediate to advanced levels)

**PiYo** combines the strength and flexibility of a vigorous, Vinyasa-style Yoga flow with the core-firming benefits of Pilates for a complete low-impact workout (intermediate to advanced levels)

**Workshops** are offered on a monthly basis typically on Fridays and Saturdays to help students expand their practice, gain insight into new techniques, and fine-tune their understanding of Yoga and other health-related topics. Workshops are in addition to the regular class schedule and are additional cost (see in-studio flyers and website for details)

## 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 Yoga, Yin, Gentle Basic/Yin, Sunrise, Yoga With Props, Guided Meditation and Intro to Yoga Series. Move to Slow Flow, Ashtanga or Vinyasa (hot) classes after you build an awareness of breath, postures and alignment.

**How Often Should I Practice?** Ideally 3 times per week to notice a difference in your body. Experienced yogis practice every day.

**What Should I Wear?** Lightweight “workout clothes” are best. Avoid wearing jewelry.

**Why Shouldn’t I Eat Before Practice?** Food interferes with the body’s ability to cleanse and detoxify; avoid meals at least 1 hour prior.

**What If I’m Pregnant?** Inform the instructor when you arrive for class; 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 helps us connect to our body and breath to foster balance of Mind, Body & Spirit.