

# Winter 2018 Schedule

(updated 1/27/18)

CURRENT SCHEDULE				PRICES	
				Class packages non-refundable/non-transferable	
Monday	8:30-9:30AM	Slow Flow	Tina	<b>NEW STUDENTS:</b> <sup>1</sup>	
	10:45-11:45	Gentle Yoga	Tracy	First Class FREE or 5 Classes for \$15! <sup>2</sup>	
	12:00-1:00	Basic Yoga	Tracy	½ Off 1-Month Pass <sup>2</sup>	\$75
	4:30-5:30	Yoga with Props	Stephanie	<b>CLASS COUNT PACKAGES</b>	
	6:00-7:15	Slow Burn	Josh	Single Yoga Class (walk-in)	\$20
	7:30-8:45	Basic Yoga	Jill	Single Meditation Class	\$5
Tuesday	8:30-9:30AM	Vin-Yin Yoga	Jill	3-Class Pack	\$50
	9:45-11:00	Basic Yoga	Maria	10-Class Pack	\$140
	12:00-1:00	Basic Backs	Yvonne	20-Class Pack	\$240
	5:00-6:00	Basic Yoga	Yvonne	<b>UNLIMITED CLASS PACKAGES</b>	
	6:15-7:15	Slow Flow	Julie	1-Month Pass	\$150
	7:30-8:45	Yin Yoga	Tina	3-Month Pass	\$400
Wednesday	8:30-9:30AM	Basic Yoga	Yvonne	6-Month Pass	\$750
	9:45-11:00	Slow Flow	Yvonne	12-Month Pass	\$1,400
	12:00-1:00	Gentle Yin	Emily	Senior & Student Discount <sup>3</sup>	10%
	4:30-5:45	Yin Yoga	Jill	Roch. School, Police, Fire & Crittenton Employees Discount	10%
	6:00-7:15	Hot Vinyasa	Natalie	<b>KID'S YOGA</b>	
	7:00-8:00	Guided Meditation	Jill	Kid's Single Class	\$15
Thursday	7:30-8:30	Basic Yoga	Yvonne	Kid's 5-Class Pack	\$55
	7:15-8:15AM	Rise & Shine Yoga	Stephanie	<b>Private Yoga Instruction</b>	
	8:30-9:45	Yin Yoga	Karolyn	\$80/hr	
	10:00-11:00	Basic Yoga	Tracy	<b>NOTES:</b>	
	11:15-12:15	Slow Flow	Julie	<sup>1</sup> New, first-time students of UpDog Yoga.	
	5:00-6:00	Basic Yoga	Yvonne	Limit one offer per person, one time only.	
Friday	6:15-7:15	Hot Vinyasa	Jill	<sup>2</sup> First Class Free not valid during Christmas, Winter or Spring Breaks. Oakland/Macomb/Wayne/St. Clair counties residence only.	
	7:30-8:45	Yin Yoga	Tina	<sup>3</sup> Present valid ID: Seniors age 62+, high school or college students.	
	8:30-9:30AM	Slow Flow	Tina	<b>Beginner Yogis</b>	
	9:45-10:45	Ashtanga	Tina	If you are new to Yoga or Meditation, we recommend Basic I, Basic Backs, Yin, Gentle Yoga, Yoga With Props, Guided Meditation or the Intro to Yoga 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.	
	11:00-11:45	Protect & Perfect Your Pose	Tina	You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a yoga mat. Rental mats available for \$1.	
	12:00-1:00	Basic Yoga	Emily	Please arrive 5-10 minutes early on your first visit to complete a New Student Registration.	
Saturday	4:30-5:30	Friday Fusion (Yoga, Pilates, Barre)	Stephanie	See reverse side for class descriptions; all regular classes are ongoing walk-in sessions.	
	5:45-7:00	TGIY (Yin)	Stephanie	<b>UpDog Mission:</b>	
	7:30-9:00	Workshops (varies see flyers)	Varies	Providing unparalleled levels of yoga instruction and stress reduction in a calm, peaceful, safe and beautiful environment!	
	8:30-9:45AM	Hot Vinyasa	Maria		
Sunday	10:00-11:00	Basic Yoga	Maria		
	10:00-11:00	Kid's Yoga	Christie		
	11:15-12:30	Yin Yoga	Stephanie		
	8:30-10:00	Hot Vinyasa	Natalie		
	11:00-12:00	Basic Yoga	Tracy		
Sunday	4:15-5:30	Ashtanga	Jill		
	5:45-6:45	Basic Yoga	Emily		
	7:00-8:15	Yin Yoga	Tina		

# 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.

**Basic Backs** is designed 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.

**Yin Yoga (Traditional)** 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/Gentle Yin** is for those who wish to start more gently, for people working with a health condition, and for anyone seeking to balance their busy lives with a more relaxed, therapeutic approach. Gently stretch and strengthen the body, connect with breath, and calm the mind. Attention will be directed to individual needs.

**Vin-Yin Yoga** is a short Vinyasa Flow balanced with a series of Yin postures in a comfortable room temperature for the perfect balance of standing and seated in a 60-minute class. All levels welcome.

**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.

**Yoga With Props** incorporates the use of different props to assist, enhance or challenge you in various poses. Props such as bolsters, blocks, straps, bands, sand bags and even walls and blankets can be wonderful tools to assist us in coming into a pose, emphasizing proper alignment, and holding a pose for greater body awareness. Appropriate for all levels.

**Rise & Shine Yoga** is a Basic Yoga class offered in the early morning to stimulate and lengthen the spine and get us moving to start our day. Appropriate for all experience levels, we will begin with Sun Salutations, stretching and a light flow combined with breathing technique and some meditation.

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

**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 (advanced levels recommended).

**Slow Burn Yoga** blends stretching and strengthening while holding a pose for greater body awareness. A SLOW build will make you sweat while eliciting a state of deep relaxation. You'll flow with breath and engage the core through mindful movements to build heat. For those looking for a challenge to sink deeper into your practice and feel the *BURN!*

**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 (intermediate levels recommended).

**Protect & Perfect Your Pose** is an interactive class with your input in which quality time is spent to explain and practice 2-3 different poses and proper alignment each week, and then incorporate them into a short flow. A great opportunity to expand and enhance your practice with guidance and support!

**Friday Fusion** Add some FUN to your Fridays and expand your horizons with a unique Fusion Class that combines postures and techniques of Yoga, Pilates and Barre in a relaxed atmosphere. All levels welcome, come play!

**Kid's Yoga** is designed especially for kids (ages 5 and up). We'll workshop with the kids in yoga poses, mindful breathing, play yoga-themed games and quiet meditation. Parents can attend the Basic Class in the big practice room at the same time, so the whole family gets their Yoga!

**Intro to Yoga Series** is a series of 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.

**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 hr. 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.