



Ramsey
Parks &
Recreation

Sunrise Yoga Flow



Yoga Flow with Barbara Sandarin, RYT

It's Barbara's goal to introduce yoga in a safe, non-competitive, judgment-free way. Yoga is for EVERY BODY! Barbara will guide a Vinyasa style of yoga that focuses on breath and movement. All levels welcome, as modifications will be offered.

Prepare for class:

- Bring a yoga mat or towel, water, and a small hand towel
- Wear comfortable clothes and be ready to practice barefoot
- Yoga is best done on a (nearly) empty stomach
- Flexibility NOT required!

Registration is requested. Please arrive 5-10 minutes early. Admittance to class closes at 9:05 am.

To reach the Park Center Building, enter driveway nearest tennis courts. Continue along the drive past tennis courts and ice rink, drive curves to the right. The Park Center Building is on the right.

Location:

Central Park
Park Center Building
7925 161st Avenue NW
Ramsey, MN 55303

Dates:

 Saturdays

June 16—August 25, 2018

No class on July 14th

Time:

 8:30—9:15 am

To register:

cityoframsey.com/ParkEvents

Contact:

cschmit@cityoframsey.com

763-576-4309

