



Ramsey
Parks &
Recreation
presents:

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 clothing and be prepared to practice barefoot
- Yoga is best done on a (nearly) empty stomach
- Flexibility NOT required!

Registration is requested to remain updated on the class. Please arrive 5-10 minutes early. Admittance to class closes at 12:10 pm.

Location:

Ramsey City Hall
Mississippi River Room,
Annex (2nd floor, east side)
7550 Sunwood Drive NW
Ramsey, MN 55303

Dates: Mondays

July 2—December 17, 2018

*No class on September 3 and
November 12*

Time: 12:05—12:50 pm

To register:

cityoframsey.com/ParkEvents

Contact:

cschmit@cityoframsey.com
763-576-4309

