



Ramsey
Parks &
Recreation
Presents:

Vinyasa 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 EVERYBODY! 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 ends at 12:10pm.

Location:

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

Dates:

 Mondays

January 28—May 20, 2019

No class February 18, March 11

Time:

 12:05—12:50 pm

To register:

cityoframsey.com/ParkEvents

Contact:

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