



Ramsey
Parks &
Recreation

Yin Yoga



Yin Yoga 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 Yin style of yoga that is a slow-paced style with postures, or asanas, that are held for longer periods of time. Practicing by candlelight will allow you to wind down in a calming environment. All levels are 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 ready to practice barefoot.
- Yoga is best done on a (nearly) empty stomach.

Registration is requested. Please arrive 5-10 minutes early. Admittance to class closes at 8:50 pm.

To reach the Park Center Building, enter driveway nearest tennis courts. Continue along the drive past tennis courts and ice rink, drive

Location:

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

Dates:

 Tuesdays

January 22 — May 21, 2019

*No class on March 12 or April
30, 2018*

Time:

 8:45 pm—9:30 pm

To register:

cityoframsey.com/ParkEvents

Contact:

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