



Ramsey  
Parks &  
Recreation  
Presents:

# Candlelight Yoga



## Candlelight 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 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 8:50 pm.

### Location:

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

### Dates:

 Thursdays

January 24 —May 23, 2019

*No class February 21, March 14  
or April 25*

**Time:** 8:45 - 9:30 pm

### To register:

[cityoframsey.com/ParkEvents](http://cityoframsey.com/ParkEvents)

### Contact:

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