

Ramsey Parks & Recreation Presents:

Sunrise Yoga



Sunrise Yoga with Kim Makousky

- Start your morning on a peaceful note as you rise with the sun and experience the restorative powers of yoga. Focus on your breath and synchronize your movements with your natural rhythm. This class is for all skill levels.

Prepare for class:

- Bring a yoga mat (class is on grass/concrete), 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. Please arrive 5-10 minutes early. Admittance to class closes at 8:35 am. Class will be held outside the Park Center Building.

In case of rain, class will be inside.

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

In case of rain, class will be inside.

Dates: Saturday mornings
June 22 and 29
July 13, 20, and 27
August 3, 10, 24 and 31

Time: 8:30—9:15 am

To register:
cityoframsey.com/ParkEvents

Contact:

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