



Ramsey
Parks &
Recreation
presents:

Yoga Flow



Yoga Flow with Barbara Sandarin, RYT

Yoga Flow is restorative, challenging, invigorating, and fun! 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. Please arrive 5-10 minutes early. Admittance to class closes at 12:10pm.

Event: Yoga Flow

Location:

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

Dates: Wednesday afternoons

March: 1, 8, 15, 22, 29

April: 5, 12, 19, 26

(Additional classes will be scheduled pending interest)

Time: 12:05 - 12:50 pm

To register:

www.cityoframsey.com/ParkEvents

Contact:

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763-576-4309

