



Ramsey
Parks &
Recreation
presents:

Sunrise Yoga



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. Ms. Sandarin is certified in several forms of yoga and is registered with the Yoga Alliance. She has been practicing and teaching many forms of yoga for well over 15 years. Barbara loves sharing this unique form of mind/body fitness with students of all ages and abilities.

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 requested. Please arrive 5-10 minutes early. Admittance to class closes at 7:35am.

Event: Sunrise Yoga

Location:

City Hall

Alexander Ramsey Room

7550 Sunwood Drive

Dates:

Wednesday, February 22nd,
March 1st, March 8th, and
March 15th, 2017

(Additional classes will be
scheduled pending interest)

Time: 7:30am-8:15am

For more information:

[http://www.cityoframsey.com/
parkevents](http://www.cityoframsey.com/parkevents)

