



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

(Additional classes will be
scheduled pending interest)

Time: 12:05-12:50pm

To register:

www.cityoframsey.com/parkevents

Contact:

tbailey@cityoframsey.com

763-576-4309

