



# Ramsey Parks & Recreation Presents: September Sunset Yoga



## Sunset Vinyasa with Mary, RYT

Join Mary in an hour long Vinyasa style yoga class where we will connect to our breath through mindful movement. Mary believes yoga should be accessible to everyone, so all levels are welcome and encouraged to participate.

### Prepare for class:

- Bring a yoga mat (class is outdoors. Concrete, cobblestone and grass spots are available), water, and a small towel
- Wear comfortable clothing and be prepared to practice barefoot
- Yoga is best done on a (nearly) empty stomach

**Registration** is required as space is capped at 20 students to account for social distancing. Please arrive 5-10 minutes early. Admittance to class closes at 5:50pm. Class will begin at 6:00pm. We cannot notify of weather cancellations unless a valid email address is used when registering.

Street parking is available at the [Draw Amphitheater](#) along Ramsey Parkway in front of Park View East apartments.

### Location:

**The Draw Amphitheater**  
7401 Ramsey Parkway  
Ramsey, MN 55303

**Dates:** Tuesday evenings  
September 1st– 29th

**Time:** 6:00pm-7:00pm

### To register:

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

### Contact:

**Mary Troullier, RYT**  
troullier28@gmail.com  
(920) 973 6279

Or

**Abby Proulx, Recreation Specialist**  
aproulx@cityoframsey.com

