



Ramsey Parks & Recreation Presents:  
**Gentle Movement Yoga**



### **Gentle Movement Yoga with Jennifer**

Take a break during the day by joining Jennifer in an hour long gentle movement style yoga class. This class will focus on connect to our breath through mindful movement. All experience levels are welcome and encouraged to participate in this series.

### **Prepare for class:**

- Bring a yoga mat, 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 15 students. Please arrive 5-10 minutes early.

### **Location:**

**Affinity at Ramsey**  
14529 Willemite St NW  
Ramsey, MN 55303

**Dates:** Mondays  
March 14 - April 18

**Time:** 11:00am - 12:00pm

### **To register:**

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

### **Contact:**

**Jennifer Lee**  
*Yoga Instructor*  
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