



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



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

Join Jennifer in an hour long gentle movement style yoga class where we will 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 20 students. Please arrive 5-10 minutes early.

### **Location:**

**Central Park Building**  
7925 161st Ave NW  
Ramsey, MN 55303

**Dates:** Wednesday evenings  
March 16 - April 20

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

### **To register:**

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

### **Contact:**

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