



Ramsey Parks & Recreation Presents: Gentle Movement Yoga



Gentle Movement Yoga with Jennifer

Start your weekend off 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 20 students. Please arrive 5-10 minutes early.

Location:

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

Dates: Saturday, March 19th

Time: 9:30 am - 10:30 am

To register:

CityofRamsey.com/ParkEvents

Contact:

Jennifer Lee
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