



Ramsey Parks & Recreation Presents: Outdoor Gentle Movement Yoga



Gentle Movement Yoga with Jennifer

Start your weekend off by joining Jennifer in an outdoor 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

Registration is required as space is capped at 20 students. Please arrive 5-10 minutes early.

Location:

The Draw park and amphitheater
7401 Ramsey Pkwy
Ramsey, MN 55303

Dates: Saturday,
September 17 & 24

Time: 9:30 am - 10:30 am

To register:

CityofRamsey.com/ParkEvents

Contact:

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