



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

Registration is required as space is capped at 20 students. The fee for this series is \$30.

Location:

Public Works Building
14199 Jasper St NW
Ramsey, MN 55303

Dates: Wednesdays
October 19 - November 30
No class November 9

Time: 6:00 - 7:00pm

To register:

CityofRamsey.com/ParkEvents

Contact:

Marla Martinez-Flynn
Recreation Specialist
mmartinez-flynn@cityoframsey.com
(763) 433-9883