



# GENTLE YOGA



Immerse yourself in mindful movement and connect to your breath in an hour-long Gentle Movement session. Jennifer, our yoga instructor, will guide you through a series of poses and breathwork that revitalize both the mind and body.

All levels are welcome. No experience is necessary. Bring your own yoga mat, water bottle, and small towel. Dress comfortably and be prepared to practice barefoot.

***Preregistration is required.*** Register for one or multiple sessions, deadline is noon the day of. Those wishing to withdraw or transfer must do so by noon the day of for a full refund. In case of inclement weather, a decision will be made by noon the day of. Full refunds will be issued upon cancellation by the City.



**Wednesdays | 6:00 p.m.**

**Public Works Facility, 14199 Jasper Street NW**

**Ages: 13+, youth under 18 must be accompanied by an adult**

**Cost \$5 per session**

**Max Enrollment: 25**



## CONTACT

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## REGISTER

[cityoframsey.com/parksregister](https://cityoframsey.com/parksregister)



# PARKS & RECREATION