



YOGA



Join Christina, a certified Yoga Teacher and Massage Therapist, for a rejuvenating monthly Yoga series. Each session explores a unique theme to inspire and revitalize your body, mind, and spirit. With expertise in yoga, massage, and holistic practices, Christina blends her expertise to create an enriching, accessible experience for all levels.

Attend one session or all—each class stands alone, so you can join whenever it fits your schedule. No experience is necessary—this class welcomes everyone. Bring a yoga mat, water bottle, and small towel, and dress comfortably for barefoot practice.

Youth under the age of 17 must be accompanied by an adult for the duration of the class.

Saturdays

January 4	New Beginnings
February 15	Love & Kindness
March 15	Balance
April 12	Happy Hips
May 17	Nurture Yourself

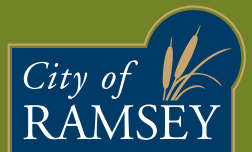
9:00-10:00 a.m.

**Central Park Building
7925 161st Avenue NW
Ramsey**

**Under 17
accompanied by an adult**

\$5 per session

PARKS AND RECREATION



REGISTER

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

CONTACT

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