



Ramsey Parks & Recreation

Candlelight Yoga



Candlelight Yoga with Barbara Sandarin, RYT

It's Barbara's goal to introduce yoga in a safe, non-competitive, judgment-free way. Yoga is for EVERYBODY!

Barbara will guide a Vinyasa style of yoga that focuses on breath and movement. Practicing by candlelight will allow you to wind down in a calming environment. All levels are welcome, as modifications will be offered.

Prepare for class:

- Bring a yoga mat or towel, water, and a small hand towel.
- Wear comfortable clothing and be ready to practice barefoot.
- Yoga is best done on a (nearly) empty stomach.

Registration is requested. Please arrive 5-10 minutes early. Admittance to class closes at 8:50 pm.

To reach the Park Center Building, enter driveway nearest tennis courts. Continue along the drive past tennis courts and ice rink, drive curves to the right. The Park Center Building is on the right.

Location:

Central Park
Park Center Building
7925 161st Avenue NW
Ramsey, MN 55303

Dates:

 Wednesdays

June 5 —December 18 , 2019

No class on July 3, August 7 & 14, November 27, December 25

Time: 8:45 pm—9:40 pm

To register:

cityoframsey.com/ParkEvents

Contact:

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