



Yoga with Shalya

Simple exercises suitable for beginners with no experience in Yoga, focused on gentle stretching and breathing. Session will be held in a park nearby weather permitting. Please wear loose comfortable clothing and removable footwear.

**1st Wednesday of
each month**

Arrive by 10:00 AM

Yoga 10:30 AM-11:30 AM

Food and Beverages Provided

The Saint Paul Healing Center
649 Dayton Ave St. Paul, MN

55104