



Gentle Yoga

One hour class every
Monday at 4:30 p.m.

FREE Yoga classes

Soothe your mind while
gently working your body

Reduce stress

Tone your muscles and
improve flexibility

Sleep better



No pre-registration is required. Bring a mat or towel for floor. All levels of ability are welcome, ages 12 and older. Instructor is Laurie Wolfe, Yoga Alliance RYT-200 yoga instructor, and Ananda Meditation Teacher. Come find out how yoga can be your one-hour escape from the busy world we live in. Create peace of mind and balance in your life.

Osseo Community Center

415 Central Avenue, Osseo, MN