

Yoga

IN THE PARK

TIME & LOCATION*



SATURDAYS

9:30 — 10:30 a.m.



POWDERHORN PARK*

3400 15th Ave. S

Minneapolis, MN 55407

(West side of the park near the stage)

*In case of inclement weather, class will be held via Zoom. Stay informed by signing up for the Google group using the QR code below.

INSTRUCTOR

Dallas

OUR CLASSES

No yoga experience is needed! If it's your first time doing yoga, let Dallas know and they'll be happy to get you up to speed before we start class. Classes are meant to be approachable and both identity and body-affirming. Dallas practices a responsive teaching method, which means that she teaches to the needs of the people in the space to the best of her ability. They strive for inclusive, affirming language, offering options for poses and level of participation, and physical spaces that support ease of access and dignity for all.

We practice affirmative consent. We often use clothespins which can be pinned to the front of each person's yoga mat to indicate an openness to hands-on adjustments, and Dallas always gets consent before touching.

Learn more about Out in the Backyard and their classes by visiting rainbowhealth.org.



FREE

Donations are welcome.



OPEN TO ALL LEVELS

No yoga experience is needed!



BYOM

Bring your own mat, please.



ABOUT OUT

Bring your own mat, please.

RAINBOW HEALTH

OUT IN THE BACKYARD

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rainbowhealth.org

SIGN UP HERE

