



# Yoga at the River A Summer Yoga Series

Enjoy yoga at the river on Sunday mornings in Historic Hastings. Take in the magic of the mighty Mississippi River while practicing with guest teachers from across the Metro. After class, take a stroll on the River Walk, and be sure to check out all the great shops and restaurants that downtown Hastings has to offer.

**Sundays at 9am, Levee Park Amphitheater: 20 Ramsey St, Hastings, MN**



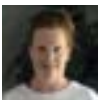
**June 5th: Gentle Yoga with Allissa Obler** (she/her)

Allissa is the owner and founder of Mudita Wellness and River Valley Yoga Festival. With over 25 years of personal practice, Allissa is a 200-hour Registered Yoga Teacher with specialty training in restorative yoga and meditation. You can find Allissa at Mudita Wellness in Stillwater.



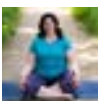
**June 12th: Hatha Yoga with Monica Delius** (she/her)

Monica is a certified yoga instructor and corporate wellness specialist. She is passionate about making yoga accessible to people of all ages and abilities. Her relaxed teaching style, dispersed with bits of humor, keeps her students engaged while having fun practicing yoga. Monica specializes in working with private clients virtually in her online business, MonicaD Yoga.



**June 19th: Gentle Vinyasa Flow with Julie Pfeiffer** (she/her)

Julie Pfeiffer (300 YTT), is passionate about teaching the benefits of "slowing down to strengthen the mind, body, and spirit" in her Gentle Vinyasa Flow classes. She has been teaching various Yoga classes for ten years. Her Yoga classes are composed of creative sequences intended to provide strength, flexibility, balance, and peace. You can find Julie teaching as an Independent Yoga instructor throughout Hastings.



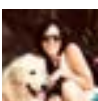
**June 26th: Gentle Yoga with Mary McCallum** (she/her)

Mary McCallum is an E-RYT200, Curvy Yoga, and Yoga for All certified yoga instructor who is passionate about making yoga accessible to everyone. Her goal is to create a fun, inclusive, supportive, and non-intimidating environment for all ages, sizes, and abilities. You can find Mary at the Yoga Center Retreat, the Yoga Room, and independently throughout the Twin Cities.



**July 3rd: Brain-Boosting yoga with Amy Zellmer** (she/her)

Amy is Editor-in-chief of MN YOGA + Life Magazine, and a Hastings native. She teaches a gentle, brain-boosting yoga program online for individuals living with brain injury, or other neurological conditions. She is passionate that every BODY can do yoga, regardless of size, mobility, strength, or experience. She has her 200RYT and is in the process of completing her 500RYT. She is also certified in trauma-informed yoga, LoveYourBrain yoga, and Yoga For All. Amy is also a Reiki Master. You can find Amy online via Patreon.



**July 10th + August 14th: Vinyasa Flow with Sandra Bacon** (she/her)

Sandra (RYT 200) offers basic yoga, vinyasa flow, and yin yoga at the Hastings Arts Center. After 30+ years of practice, she completed yoga teacher training at HeartWork studio in Northfield, MN. Her biggest reward in teaching yoga is seeing calm and relaxed expressions on students' faces following a practice.



**July 24th: Vinyasa Power Flow with Laree Schouweiler** (she/her)

As a child, Laree was all about freedom, movement, and that mysterious place where strength meets balance. She has utilized that intersection to lead yoga classes since 2012 and has taken that momentum to organize the annual Driftless Yoga Festival: an event centered on yoga, equity, and nature in Decorah, Iowa.



**July 31st: Hatha Yoga with Kamie Slegers** (she/her)

Kamie Slegers has been teaching yoga since 1996. She used yoga to rehabilitate her injuries caused by overuse playing collegiate volleyball. She quickly realized that a blend of exercise science and yoga would benefit students and athletes who have injuries while also reaching out to those who may not exercise regularly. You can find Kamie at NE Wellness in Minneapolis.



**August 7th: Restorative Yoga with Reeve Klatt** (she/her)

Reeve Klatt is a yoga teacher in Minneapolis who has been practicing yoga for over ten years. She is passionate about creating yoga classes where every \*body\* feels welcome and safe. When she's not on the mat, you can find Reeve baking, buying house plants, and exploring Minneapolis with her hubby! You can find Reeve online at Moving Beyond Yoga Studio in Minneapolis.



**August 21st: Yoga Sculpt with Cortney Franklin** (she/her)

Cortney Franklin is the owner and founder of Bodhi Studios, LLC. She has a Bachelor's degree in Biomedical Science and a Master's degree in Healthcare Administration. Cortney enjoys spending time at home with her kids, cooking, reading, politics, vacation and finding joy and laughter whenever possible. You can find Cortney at Bodhi Studios in Prescott, WI.



**August 28th: Vinyasa Flow with Ericka Jones** (she/her)

Ericka Jones has been a Diversity, Equity, and Inclusion professional for over 14 years and is a founder of the Yoga Coalition, an alliance for combined action bringing inclusion, equity, and diversity to the yoga community. Ericka is a 200-hr yoga teacher, teaches meditation and is certified to teach 1 Giant Mind Learn Meditation course. You can find Ericka at Up Yoga in Minneapolis.

Register at [www.mnyogalife.com/summeryoga](http://www.mnyogalife.com/summeryoga)

**Tickets: \$18/week or \$200 for the full summer**

No one will be turned away for inability to pay.

Please contact us if you need assistance.

\$1 from each ticket will be donated to the **LoveYourBrain** foundation.