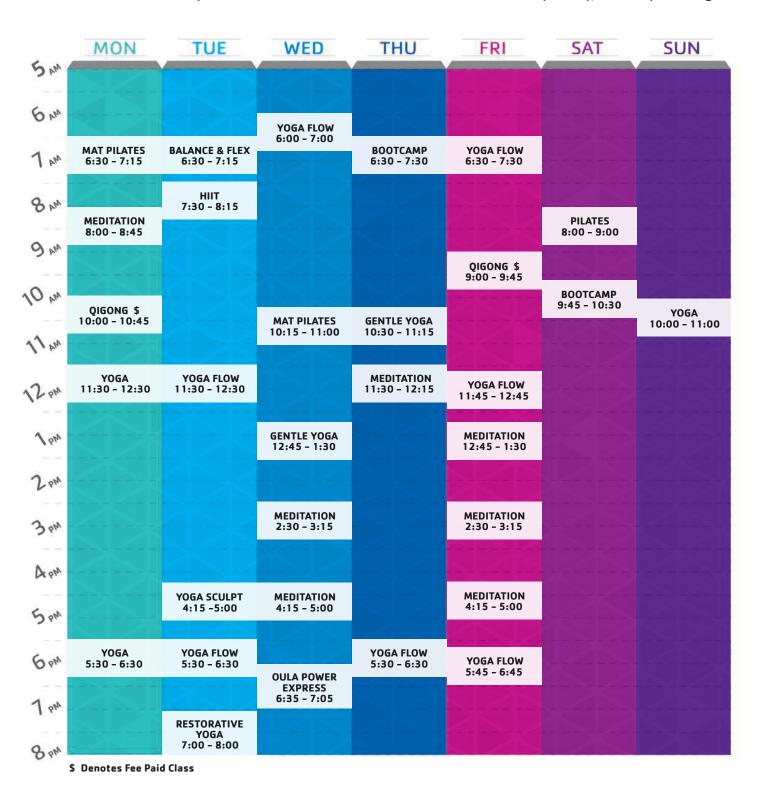


WEEKLY ROOFTOP SCHEDULE

Rooftop is available for individual workouts from 6:00am to 5:00pm daily, weather permitting.





SPECIAL EVENTS

MAY

Friday, May 31 The Mindful Hour Series: Find Your Voice 4:15-5:15pm (\$)

JUNE

Tuesday, June 4 Yoqa 5:30pm-7:00pm (Free)

Friday, June 21 Summer Solstice Yoga Free 7:00-8:30pm (Free)

Friday, June 28 The Mindful Hour Series: Find Your Joy 4:15-5:15pm (\$)

JULY

Tuesday, July 8 Outdoor Yoga 7:00pm-8:30pm (Free)

Friday, July 26 The Mindful Hour Series: Find Your Inspiration 4:15-5:15pm (\$)

AUGUST

Friday, August 16 OULA Dance Party! Free 5:00pm-6:30pm (Free)

Friday, August 30 The Mindful Hour Series: Find Your Resilience 4:15-5:15pm (\$)

SEPTEMBER

Saturday, September 13 Inversion Yoga Workshop 10:30am-12:00pm (Free)

Friday, September 27 The Mindful Hour Series: Find Your Center 4:15-5:15pm (\$)

THINGS TO REMEMBER!

- Dress in layers
- During afternoon classes the sun is shinning consider wearing sunscreen
- · Stay hydrated and bring a water bottle
- Inclement weather? No problem! Class will take place in an indoor studio space.
 Check the app and online schedule for most updated class location.

The Mindful Hour Series is a multisensory downtown meditation experience in the middle of Minneapolis' urban forest! Each meditation incorporates a special fresh juice from The Zen Bin! All are welcome. **\$16 Y Member, \$22 Public**.