

RED WING AREA
CHAMBER
of COMMERCE



City of
RED WING


RIVER
CITY
DAYS
RED WING, MN
AUGUST 3-5, 2018

Healing Arts
Red Wing

chiropractic yoga mindfulness

Yoga Session

Saturday, August 4, 2018: 9AM – 10AM

Bay Point Park by the Flagpole

Presented by Dr. Elizabeth Olson from Healing Arts, Red Wing.

Dr. Elizabeth Olson teaches meditation, breathing, and postures in a mindful way. The class is open to all abilities.

In case of inclement weather, Yoga Session will be under the Entertainment Tent at Bay Point Park

**\$10 donation for Red Wing Area Food Shelf.
Bring your own Yoga Mat.**