

MEDIA RELEASE

26 June 2020

Free community yoga taking place at Art Gallery & Museum

Gladstone Regional Art Gallery & Museum (GRAGM) will host a free community yoga session, *Artful Yoga*, commencing from Tuesday 7 July.

Set amongst Ken Done's *Paintings You Probably Haven't Seen: Selected Works 2000 – 2017* exhibition, *Artful Yoga* will be hosted by Gladstone-based yoga instructor Anita Rienks.

Gladstone Region Councillor Natalia Muszkat said *Artful Yoga* will begin from 4.30pm on 7 July with bookings essential.

"This free community yoga session is for anyone wishing to experience the mindful practice of yoga in order to enrich a healthier mind and body," Councillor Muszkat said.

"Anita Rienks is owner and instructor at The Railway Shala and speaks very highly of how yoga helped change her life for the better.

"Due to current COVID-19 restrictions on public gatherings, this session will be limited to 15 people so please call Gladstone Regional Art Gallery & Museum to reserve your place.

"Yoga mats and blocks will be provided, with participants asked to bring a water bottle and towel.

"We also ask if you have any cold or flu-like symptoms to not attend."

Please call GRAGM on 4976 6766 to reserve your place in *Artful Yoga*.

<ENDS>