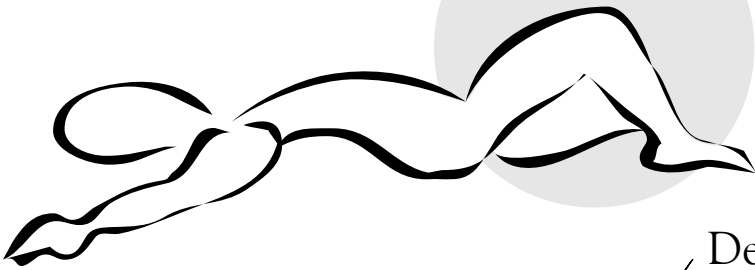


Yoga at artspace



**Tue, 12 noon–1 p.m.
Sat, 10–11:30 a.m.
artspace
3rd and Decatur**

**To register:
art1am@cavtel.net
804.338.1105**

**Reduce tension
Increase energy
Improve flexibility
Ease aches, pains
Instill calm**

**It all starts at
the tailbone.**

De-stress in one of Richmond's leading arts settings, **artspace** gallery.

Surrounded by the latest exhibitions, you will experience the immediate, reliable results of Svaroopa® Yoga.

Suitable for all levels of fitness.
Classes ongoing; join at any time.

8-week series: \$96 for 60-minute class;
\$120 for 90-minute class;
\$15, drop in

Instructor: Deborah Woodward,
RYT, CYT, 500 hours
Easy in your Bones, LLC

Stop in for lunch at Plant Zero Café.