

Media Release

26 February 2021

Secure your spot as Artful Yoga makes a return to GRAGM in 2021

Artful Yoga is back in 2021 with instructor Anita Rienks to host monthly classes amongst the relaxing surrounds of Gladstone Regional Art Gallery & Museum (GRAGM).

Anita, owner and instructor at the Railway Shala Yoga Studio, will host her first class at 5pm on Thursday, 4 March inside the O'Connell Gallery, which is currently housing the National Geographic exhibition *Women: A Century of Change*.

Gladstone Region Councillor Natalia Muszkat said limited places are available with bookings essential.

"Anita's classes are perfect for anyone wishing to experience the mindful practice of yoga in order to enrich a healthier mind and body," Councillor Muszkat said.

"I know her classes were popular last year and I expect that to continue in 2021, so make sure to secure your spot by booking through GRAGM."

DETAILS

What: Artful Yoga with Anita Rienks

When: Thursday 4th March 2021, class commencing 5:00pm.

Venue: O'Connell Gallery, Gladstone Regional Art Gallery & Museum, Cnr Goonoon and Bramston Streets, Gladstone

Cost: FREE

Bookings: Limited places, call 4976 6766 or email gragm@gladstone.qld.gov.au

Where to Park: Gladstone Regional Council Carpark (behind Stepping Stones Child Care Centre), Bramston Street, Gladstone

What to Bring: Towel and water bottle. You may wish to dress in warmer active wear due to the air-conditioned gallery. Yoga mats will be supplied.

ENDS