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LIVE



NEWS photo Mike Wakefield

Artful uprising

MAA Yoga's Farhad Khan leads a gentle hatha-style yoga class at Deep Cove's Seymour Gallery. The next, featuring breath work, stretching and meditation, will be held tomorrow, Monday, July 15 from 11:30 a.m. to 12:30 p.m. The class is open to all levels. Cost: \$10/\$8. Registration: 604-924-1378. Info: seymourartgallery.com.