

New to AYC Offer!

30 DAYS FOR \$39



ARKANSAS YOGA CENTER



Voted Best Yoga Center by the readers of CitiScapes for 6 years in a row!

"I was going to physical therapy for my back and two physicians recommended yoga. I decided to try yoga at the Arkansas Yoga Center. The staff at AYC were immediately welcoming, helpful, and non-judgmental. The teachers provide detail instruction, and I learn something new each time I go to a



class. My strength and flexibility have improved. I also have much less pain and find that yoga is a great stress reliever!"

- Robin P.

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