

# RELAXATION YOGA PRACTICES WITH DIANE

*Led by Diane Del Buono, Associate of the Chancellor*

Diane Del Buono, Associate of the Chancellor will lead gentle yoga poses where a chair replaces the yoga mat. The chair becomes an extension of your body allowing you to take full advantage of yoga's fitness and health benefits while wearing comfortable work clothes.

May*	
9 <sup>th</sup> / Wednesday	Orbach Library / Room 240
16 <sup>th</sup> / Wednesday	Highlander Union 269
30 <sup>th</sup> / Wednesday	Orbach Library / Room 240
June*	
6 <sup>th</sup> / Wednesday	Highlander Union 269
13 <sup>th</sup> / Wednesday	Orbach Library / Room 240

\*All classes will meet from 12:10 – 12:50 p.m.  
Wear comfortable work clothes

*To register, please [click here](#).*