

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 casual work clothes – no yoga mat is necessary.

October*

Wednesday, October 25

November*

Wednesday, November 1

Wednesday, November 8

Wednesday, November 29

* All classes will be held in the Orbach Library, Room 240

**All classes will meet from 12:10 – 12:50 p.m.

Wear comfortable work clothes, mat is optional

Registration is required through the [UC Learning Center \(LMS\)](#).

To see the entire Fall class schedule, [please click here](#).

Contact:
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