

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.

September*

Wednesday, September 20

Wednesday, September 27

* 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:
Nicole Collins
(951) 827-5082 / nicole.collins@ucr.edu