

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.

May*

24th / Wednesday

Highlander Union 269

25th / Thursday

Highlander Union 260

June*

7th / Wednesday

Highlander Union 269

8th / Thursday

Highlander Union 268

*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 \(LMS\)](#)