

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.

**All classes will meet on Tuesdays from 12:10 – 12:50 p.m.
in the Orbach Library, Room 240**

November 20

November 27

December 4

December 18

Wear comfortable work clothes.

[Please click here to register for this workshop](#)

Contact:
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