

# 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.*

## January\*

17<sup>th</sup> / Wednesday

31<sup>st</sup> / Wednesday

## February\*

7<sup>th</sup> / Wednesday

14<sup>th</sup> / Wednesday

28<sup>th</sup> / Wednesday

## March\*

7<sup>th</sup> / Thursday

21<sup>st</sup> / Wednesday

**\*All classes will meet from 12:10 – 12:50 p.m.  
Wear comfortable work clothes, mat is not required  
All sessions will be held in the Orbach Library – Room 240**

*To register, please visit the [workshop registration site](#).*

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