

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

October 9

October 16

October 23

October 30

November 6

November 20

November 27

December 4

December 18

Wear comfortable work clothes.

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

Contact:
Nicole Vargas
(951) 827-5082 | nicole.vargas@ucr.edu