

# 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 comfortable work clothes.*

## July\*

Wednesday, July 25

## August\*

Wednesday, Aug 1

Wednesday, Aug 8

*\*Classes will meet in the Orbach Library – Room 240*

*Classes will meet from 12:10 – 12:50 p.m.*

*Wear comfortable work clothes*

*To register, please [click here](#).*

### Contact:

Nicole Vargas

(951) 827-5082

[nicole.vargas@ucr.edu](mailto:nicole.vargas@ucr.edu)

UNIVERSITY OF CALIFORNIA  
**UCRIVERSIDE**

Human  
Resources  
Workplace Health &  
Wellness