



DIANE DEL BUONO, ASSOCIATE OF
THE CHANCELLOR PRESENTS...

GUIDED CHAIR YOGA

Online Session through Zoom

THURSDAY, APRIL 22, 2021
12:00 - 1:00 P.M.

Diane Del Buono, fellow retiree, will lead a virtual session using Zoom through gentle yoga poses while sitting in your chair in the convenience of your home. Relaxing attire and elbow space surrounding the position of your chair is encouraged.

How to Register

Confirm your attendance by visiting the retiree and emeriti webpage no later than Wednesday, April 21, 2021 at:

https://ucriverside.az1.qualtrics.com/jfe/form/SV_9sHeD8LN085f0ia