

Yeshiva University, Cardozo School of Law

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Event Invitations 2016

Event Invitations

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10-21-2016

### Come-As-You-Are Yoga

Cardozo Law Library

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**Subject:** TOMORROW (Oct. 21st) at 8:30am: Yoga in the Library

# **Come-As-You-Are Yoga**



**Fridays**

**8:30am - 9:15am**

**7th Floor of the Library, 5th Ave alcove**

You can wear whatever you want, but you might be most comfortable in clothes with a little bit of stretch. Other than that, bring a mat or a towel. No experience will be assumed or required.

For those who cannot make it tomorrow, here is a 7-minute meditation and short article on mindfulness.

See you tomorrow!

The Law Library Staff