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Event Invitations 2017

Event Invitations

2-24-2017

Come-As-You-Are Yoga

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Subject: TOMORROW at 8:30am: Yoga in the Library

For those who cannot make it to yoga tomorrow, especially for those of you who have a hard time getting up in the morning, try this relaxation exercise to help improve your sleep.

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. All are welcome.

See you tomorrow!

The Law Library Staff