

HCBA YOGA CLUB

YOGA BASICS

MON., OCT. 23 12:00-12:45 P.M.



HCBA Offices, 600 Nicollet Mall #390, Minneapolis



Have you been seeing the HCBA Yoga Club announcements and wanting to try it out, but hesitant about what you'll encounter? Are you a seasoned yogi whose practice could use a little refresh? Are you somewhere in between and just like the idea of resting your mind and focusing on the physical for 45 minutes in the middle of your work day? **This class is for all of you.**

We'll take an alignment-focused approach to some of the most common postures, breaking them down in an accessible way. Not to correct or direct one "right" alignment, but simply so you can further your understanding of what alignment even means in your body. And, spoiler alert: aligning on your mat is a metaphor for aligning in your life, professionally and personally. Come experience it for yourself!

The class will be guided by Elissa Meyer. Elissa is a CLE program attorney/yoga teacher. She completed a 200-hour LifePower Yoga Teacher Training in June 2015, and a 200-hour Alignment Vinyasa training with Laurel Van Matre of Yoga Garden in December 2016. Elissa's teaching style emphasizes calm and gentle acceptance, with focus on moving from thinking to feeling and being present in your body.

All are welcome. No experience is required. Please bring a yoga mat. This is a voluntary donation-based class. All donations will be given to Lawyers Concerned for Lawyers.