

HCBA YOGA CLUB

New Year, Now Yoga!



Fri. Feb. 16, 2018 * 12-12:45pm

HCBA Office * 600 Nicollet Mall #390 * Minneapolis

Curious about what you'll find at the HCBA Yoga Club? 2018 is the perfect time to come check it out! Whether you are new to yoga, a seasoned yogi whose practice could use a little refresh, or somewhere in between, this class will offer time and space to rest your mind and focus on the physical for 45 minutes in the middle of your work day. **It's a 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!

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

The class will be taught 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.