

HCBA YOGA CLUB

MOVE, BREATHE, UNWIND

FRI., MAY 18 12:00-12:45 P.M.



HCBA Offices, 600 Nicollet Mall #390, Minneapolis



Mike Millios will offer mindful movement and breathing techniques (aka yoga) to help manage stress and tension.

Come practice with a great community.

Gym or casual Friday clothes recommended.

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.