



# + Yoga to Help You Let Go

HCBA Yoga Club  
Monday, November 20, 2017 | 12-12:45 p.m.  
HCBA Office, 600 Nicollet Mall #390, Minneapolis

NOvember is the month to say NO to all the garbage in your life, the stuff that no longer serves you, including other people, clients, the perfect ponytail or man bun... Let it all GO, and see what stays...

This class will be guided by Matthew Foli. Matthew is a title examiner/yoga teacher. He was a Hennepin County Deputy Examiner of Titles from 2004 to 2017. He is a former chair of the Minnesota State Bar Association Real Property Section. If title is your jam, find Matthew at [www.guarantytitle.net](http://www.guarantytitle.net). If you seek equanimity, find him at [www.matthewfoli.com](http://www.matthewfoli.com).

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.