



brianne <brianne@yogaforallmusicians.com>

---

## Yoga for all Musicians

1 message

---

**Tom Hadley** <Tom.Hadley@nws.edu>

Mon, Dec 12, 2022 at 10:30 AM

To: Brianne Borden <brianne@yogaforallmusicians.com>

Cc: 1All Fellows <Fellows@nws.edu>

Hello all, as I wrote to you last week, You will see on the weekly schedule that there is a class called "Yoga for All Fellows" to be held tomorrow, Tuesday, December 13 at 10:00.

The class will be led by Brianne Borden who is the CEO & Co-Owner of Yoga for All Musicians and an advocate for wellness in the classical music community. You can read more here: <https://www.yogaforallmusicians.com/brianne-borden>

Expect simple stretches, meditation, and breathing exercises that you can implement into your practice routines, particularly to combat performance anxiety and repetitive motion injuries. Wearing comfortable clothing is helpful and you should have enough space to sit and stand. Feel free to come prepared with questions for Brianne as well.

Here is the zoom link! I look forward to seeing you tomorrow. - Tom

Tom Hadley is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://nws-edu.zoom.us/j/82651864266>

Meeting ID: 826 5186 4266

One tap mobile

+16468769923,,82651864266# US (New York)

Dial by your location

+1 646 876 9923 US (New York)

Meeting ID: 826 5186 4266

Find your local number: <https://nws-edu.zoom.us/u/kdsiWkYEBw>

.....  
Join Teams Meeting

en-US

[https://teams.microsoft.com//meetup-join/19%3ameeting\\_Y2I3ZWU3NDQ5Ni00MjYyLTk1ODYtYW5kNjg2M2UyY2Jh%40thread.v2/0?context=%7b%22Tid%22%3a%22ecf56c70-74c6-4c4b-8e4b-df94b8043f52%22%2c%22Oid%22%3a%2287fc2fae-eda4-4696-a698-fb59a269cf3c%22%7d](https://teams.microsoft.com//meetup-join/19%3ameeting_Y2I3ZWU3NDQ5Ni00MjYyLTk1ODYtYW5kNjg2M2UyY2Jh%40thread.v2/0?context=%7b%22Tid%22%3a%22ecf56c70-74c6-4c4b-8e4b-df94b8043f52%22%2c%22Oid%22%3a%2287fc2fae-eda4-4696-a698-fb59a269cf3c%22%7d)

Meeting ID: 259 968 852 736

Passcode: cscKdz

If you need a local number, get one here. And if you've forgotten the dial-in PIN, you can reset it.

Learn More <https://aka.ms/JoinTeamsMeeting> | Meeting options: [https://teams.microsoft.com/meetingOptions/?organizerId=87fc2fae-eda4-4696-a698-fb59a269cf3c&tenantId=ecf56c70-74c6-4c4b-8e4b-df94b8043f52&threadId=19\\_meeting\\_Y2I3ZWU3NDQ5Ni00MjYyLTk1ODYtYW5kNjg2M2UyY2Jh@thread.v2&messageId=0&language=en-US](https://teams.microsoft.com/meetingOptions/?organizerId=87fc2fae-eda4-4696-a698-fb59a269cf3c&tenantId=ecf56c70-74c6-4c4b-8e4b-df94b8043f52&threadId=19_meeting_Y2I3ZWU3NDQ5Ni00MjYyLTk1ODYtYW5kNjg2M2UyY2Jh@thread.v2&messageId=0&language=en-US) |

---

 **invite.ics**  
5K