

The Hawai'i State Judiciary Center for Alternative Dispute Resolution
and The University of Hawai'i Matsunaga Institute for Peace Present



De-Stressing: Laughing Your Way Through These Unprecedented Times With Tom DiGrazia

**FRIDAY, JUNE 5, 2020
11:00 AM - 12:15 PM (HST)
Zoom Event**

Details for logging into Zoom Meetings will be provided to registered participants the week of the event.

[CLICK HERE TO REGISTER](#)

For inquiries contact CADR at
(808) 539-4241.

The Hawai'i State Judiciary does not warrant the accuracy or completeness of the information provided by the speakers. Nor do the speakers' remarks necessarily reflect the opinions of the Judiciary.

Mediation Meets Meditation — Learn Yoga exercises that can be done from the comfort of your remote workplace in order to de-stress. No prior experience necessary.



Tom DiGrazia has been a lawyer and professional peacemaker/mediator for 50 years and has studied, practiced and taught Yoga since 1975. As a registered 500-hr.-E-RYT with the Yoga Alliance, he teaches private classes at the YSK Yoga studio in Kailua, Hawai'i.

Co-Sponsors: Conflict Resolution Alliance (CRA), Hawai'i State Bar Association Alternative Dispute Resolution Section (HSBA-ADR), The Mediation Center of the Pacific (MCP)