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[A Virtual Class in Gentle Chair Yoga](#)

Date and Time

Weekly on Friday 8:30 to 9:30am for 6 times

Event URL

[Registration](#)

Event Region

Statewide

Event Type

Class

Event Cost

\$2.00

Event Description

Join AARP and Sea Change Yoga for a weekly series of gentle seated yoga classes.

About the Event

Healthy living requires attention, motivation and action! Get started with our 60-minute gentle chair yoga classes led by Anne Esguerra of Sea Change Yoga.

Classes will use gentle seated yoga movements and guided breathing to bring awareness to the body, soothe a stressed mind and nervous system and help reduce anxiety, promote respiratory health and allow us to find our way back to ourselves. We will also share resources to help you make changes on your healthy living journey.

Anne will lead the class from a chair and provide modifications for those who choose to practice on a mat. Beginner yogis are welcome! Please consult your physician before beginning any new exercise regimen.

How to Join

To attend this class, you must register each month, selecting all sessions you plan to attend. Sign in to your AARP.org account or create an account to register for [events](#). AARP membership is not required. You will receive an email with the Zoom link before class.

Contact AARP Maine at mearp@aarp.org for more information about this event.

Event Image or Sponsor Logo

Image

