

Published on *VirginiaNavigator* (<https://virgininavigator.org>)

[Yoga and Mindfulness for Relaxation](#)

Date and Time

Weekly on Thursday 1:00 to 1:45pm for 8 times

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class

Event Cost

\$0.00

Event Description

Try out the gentle movements and mindfulness practices of this online yoga workout.

About the Event

Follow along as your instructors in this virtual yoga class demonstrate gentle movements and yoga postures appropriate for attendees at all skill levels. They'll also offer a toolkit of mindfulness techniques you can use to find calm off the mat in your daily life.

The workout is aimed at improving flexibility, strength and mobility of both body and mind. It's led by Open Up, a nonprofit organization whose mission is to share mindfulness tools and movement practices that are accessible to all. Please consult your physician before beginning any new exercise regimen.

How to Join

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 Pennsylvania at pa@arp.org for more information about this event.

Event Image or Sponsor Logo

Image

