

South Country Library

Upcoming Virtual Exercise Programs

After registering for a program, you will receive a confirmation email with information about joining the meeting. Email jsalvatore@sctylib.org with any questions.

Tai Chi Thursday, June 18 – 10:00 - 11:00 AM

Jim Cummings teaches the 24 movements of the Beijing Tai Chi form. Learn the fundamental movements as well as theory; improve balance, stability and overall health. Wear loose, comfortable clothing and soft-soled shoes. Register here:

<https://us02web.zoom.us/meeting/register/tZ0qdeuppzMuHNwgyzwNJTrKo3ps5xX7Wu5S>

Chair Yoga Monday, June 22 – 10:00 - 11:00 AM

Join Kristen Orsini for a rejuvenating hour of chair yoga with breath work for mind/body tension and stress release. Register here:

<https://us02web.zoom.us/meeting/register/tZwocuyhqjstE9HXKlZLVQFsPdDIMvqANAf8>

Qigong Friday, July 3 – 10:00 - 11:00 AM

This ancient, evidence-based Chinese healing art consists of gentle, low impact exercises which provide many benefits including lowered blood pressure, increased bone density, balance and coordination. Instructor Tom Linden is certified by the Center for Taiji Studies. Register here:

<https://us02web.zoom.us/meeting/register/tZwtfuipqT8uGNUKhAyY9bMXwLrfyQLOXF33>

Yoga Monday, July 6 – 6:00 - 7:15 PM

A holistic approach. Begins with standing poses to breathe, steady the mind, and align and flex the body. Introduces seated poses then twists and more. Geared for beginners; more experienced will deepen their practice. Not suitable while pregnant or with medical conditions. Register here:

https://us02web.zoom.us/meeting/register/tZUqfuGvpzwtGtPICMRL_E4iokhaYudNY4S8

