

# Awareness Stretch

Residents will be gently guided to experience getting in touch with their muscles, breath and mind. This can create an opportunity for you to revitalize your relationship with your body. We will always work together in your comfort zone. This program is designed for everyone.

**Program Type** [Single](#)

**Time** 1 hour 30 minutes

**Language** English

**Audience** Adults, Elderly/Disabled

**Season** All Year

**Topic** Wellness

**Region** Boston, Metro Boston, Northeast, Southeast

**Program Contact**

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