

August 2026

Breath-Body-Mind Sessions

The Breath-Body-Mind Practice sessions are open to all New Yorkers.



Scan QR code
to visit Breath-Body-Mind
Sessions Page

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
3 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	4 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	5 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	6 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	7	8	9 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
10 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	11 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	12 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	13 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	14	15	16 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
17 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	18 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	19 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	20 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	21	22	23 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
24 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	25 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	26 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	27 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	28	29	30 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
31 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join						