

March 2026

Breath-Body-Mind Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1	2 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	3 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	4	5	6	7 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join		
8	9 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	10 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	11	12	13	14 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join		
15	16 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	17 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	18	19	20	21 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join		
22	23 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	24 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	25	26	27	28 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join		
29	30 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	31 (7-7:30am) Click to Join (12-12:30pm) Click to Join (8-8:30pm) Spanish Click to Join	<p>Scan QR code to visit Breath-Body-Mind Sessions Page</p> 				<p>The Breath-Body-Mind Practice sessions are open to all New Yorkers.</p>	