


# May 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
 <p>We invite you to take this 5-minute anonymous survey regarding your current interest and awareness about BBM practice sessions.</p> <p><a href="https://survey.alchemer.com/s3/8749321/BBM-Interest-Form-Survey">survey.alchemer.com/s3/8749321/BBM-Interest-Form-Survey</a></p>				1	2	3 (8-8:30am) <a href="#">Click to Join</a> (9-9:30am) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>
4 (7-7:30am) <a href="#">Click to Join</a> (12:30-1pm) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>	5 (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	6 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:30pm) Spanish <a href="#">Click to Join</a>	7 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (7-7:30pm) <a href="#">Click to Join</a>	8	9	10 (8-8:30am) <a href="#">Click to Join</a> (9-9:30am) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>
11 (7-7:30am) <a href="#">Click to Join</a> (12:30-1pm) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>	12 (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	13 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:30pm) Spanish <a href="#">Click to Join</a>	14 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (7-7:30pm) <a href="#">Click to Join</a>	15	16	17 (8-8:30am) <a href="#">Click to Join</a> (9-9:30am) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>
18 (7-7:30am) <a href="#">Click to Join</a> (12:30-1pm) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>	19 (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	20 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:30pm) Spanish <a href="#">Click to Join</a>	21 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (7-7:30pm) <a href="#">Click to Join</a>	22	23	24 (8-8:30am) <a href="#">Click to Join</a> (9-9:30am) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>
25 (7-7:30am) <a href="#">Click to Join</a> (12:30-1pm) <a href="#">Click to Join</a> (6-6:30pm) <a href="#">Click to Join</a>	26 (6-6:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:45pm) <a href="#">Click to Join</a>	27 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (8-8:30pm) Spanish <a href="#">Click to Join</a>	28 (7-7:30am) <a href="#">Click to Join</a> (12-12:30pm) <a href="#">Click to Join</a> (7-7:30pm) <a href="#">Click to Join</a>	29	30	