

October 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 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	2 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	3 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	4 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join				
5 (7-7:30 A.M.) Click to Join (12:30-1 P.M.) Click to Join (6-6:30 P.M.) Click to Join	6 (6-6:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:45 P.M.) Click to Join	7 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:30 P.M.) Spanish Click to Join	8 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	9 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	10 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	11 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join							
12 (7-7:30 A.M.) Click to Join (12:30-1 P.M.) Click to Join (6-6:30 P.M.) Click to Join	13 (6-6:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:45 P.M.) Click to Join	14 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:30 P.M.) Spanish Click to Join	15 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	16 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	17 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	18 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join							
19 (7-7:30 A.M.) Click to Join (12:30-1 P.M.) Click to Join (6-6:30 P.M.) Click to Join	20 (6-6:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:45 P.M.) Click to Join	21 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:30 P.M.) Spanish Click to Join	22 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	23 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join	24 (8-8:45 A.M.) Advanced Click to Join (9-9:30 A.M.) Spanish Click to Join (6-6:30 P.M.) Click to Join	25 (8-8:30 A.M.) Click to Join (9-9:30 A.M.) Click to Join (6-6:30 P.M.) Click to Join							
26 (7-7:30 A.M.) Click to Join (12:30-1 P.M.) Click to Join (6-6:30 P.M.) Click to Join	27 (6-6:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:45 P.M.) Click to Join	28 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (8-8:30 P.M.) Spanish Click to Join	29 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (7-7:30 P.M.) Click to Join	30 (7-7:30 A.M.) Click to Join (12-12:30 P.M.) Click to Join (6-6:30 P.M.) Click to Join									