

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