


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