


June 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 (12:30-1pm) Click to Join (6-6:30pm) Click to Join	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 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	5	6	7 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
8 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	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 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	12	13	14 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
15 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	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 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	19 Juneteenth	20	21 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
22 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	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 (7-7:30am) Click to Join (12-12:30pm) Click to Join (7-7:30pm) Click to Join	26	27	28 (8-8:30am) Click to Join (9-9:30am) Click to Join (6-6:30pm) Click to Join
29 (7-7:30am) Click to Join (12:30-1pm) Click to Join (6-6:30pm) Click to Join	30 (6-6:30am) Click to Join (12-12:30pm) Click to Join (8-8:45pm) Click to Join	 <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>				