<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>VIRTUAL LIVE CLASSES</th>
<th>JOIN ZOOM MEETING</th>
<th>DIAL-IN</th>
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</table>
| Sat 6/20| 11:00 am| **Open Level Vinyasa Yoga** | Virna Sanabria  
This yoga class combines movement and breathing to promote a sense of calmness and peace. It is open to all levels and no previous experience is required. | https://mssm.zoom.us/j/882 2180 6030 | PASSWORD: Yogapeace |
| Mon 6/22| 12:30 pm| **Mindfulness Infused Chair Yoga** | Archimedes Bibiano  
A 30-minute chair yoga class that incorporates yoga, mindfulness, and movement. | https://mssm.zoom.us/j/660 231 924 | 929-436-2866 |
|         | 5:30 pm | **Take Time for Mindfulness Meditation** | Mickie Brown  
This one-hour workshop combines instruction, practice and group discussions. No experience is required. Faculty, students and employees are welcome to join. | https://mountsinai.zoom.us/j/963 678 6693 | 646-876-9923 |
| Tues 6/23| 12:30 pm| **Mindfulness Pause** | Mickie Brown  
A 30 minute guided mindfulness practice to create community and connection. | https://mountsinai.zoom.us/j/963 678 6693 | 646-876-9923 |
|         | 5:30 pm | **Slow Yoga** | Danielle Wheelwright  
This gentle yoga class combines movement and breathing to promote a sense of calmness and peace. It is open to all levels and no previous experience is required. | https://mountsinai.zoom.us/j/842 054 418 | 646-876-9923 |
|         | 5:30 pm | **Art for Self-Care** | Max and Jacob Cohen  
During this interactive workshop you will work with various art materials, or whatever you have on hand, you will stimulate your senses and discover your talent. Live music for inspiration by Jacob Cohen. | https://mssm.zoom.us/j/702 769 643 | 929-436-2866 |
| Wed 6/24 | 12:30 pm | **Mindfulness Pause** | Archimedes Bibiano  
A 30 minute guided mindfulness practice to create community and connection. | https://mssm.zoom.us/j/573 069 947 | 929-436-2866 |
|         | 5:30 pm | **Open Level Vinyasa Yoga** | Danielle Wheelwright  
This yoga class combines movement and breathing to promote a sense of calmness and peace. It is open to all levels and no previous experience is required. | https://mountsinai.zoom.us/j/451 433 999 | 646-876-9923 |
| Thur 6/25 | 1:00 pm | **Mindfulness Pause** | Mickie Brown  
A 30 minute guided mindfulness practice to create community and connection. | https://mountsinai.zoom.us/j/963 678 6693 | 646-876-9923 |
|         | 5:30 pm | **Mindfulness Infused Chair Yoga** | Archimedes Bibiano  
This one-hour chair yoga class highlights the connection between yoga and mindfulness meditation. | https://mssm.zoom.us/j/915 4201 7044 | 929-436-2866 |
| Fri 6/26 | 12:30 pm | **Mindfulness Infused Chair Yoga** | Archimedes Bibiano  
A 30-minute chair yoga class that incorporates yoga, mindfulness, and movement. | https://mssm.zoom.us/j/985 148 778 | 929-436-2866 |
|         | 5:00 pm | **Tai Chi** | Steve Shulman  
Tai Chi, originally a Chinese martial art, is an exercise practice that helps decrease stress and increase wellbeing through gentle, flowing movements. | https://mssm.zoom.us/j/248 331 016 | 929-436-2866 |