

Mount Sinai Calm Free Programs

In-Person • On the Phone • On-Line



- ▶ Free Mindfulness Meditation Classes
- ▶ Mindfulness Workshops for your Department
- ▶ Mindfulness on the go:
Dial **4Calm or 212-241-CALM**
For a 2-minute guided meditation
- ▶ Music to relax and meditate:
Dial **212-844-CALM**

Class schedule listed on back

For more information about all of our programs

4CALM@mountsinai.org

- ▶ Free Yoga classes at all Mount Sinai Hospitals
- ▶ Yoga on Demand
Free Yoga at your desk,
laptop or smart phone
<http://www.newyorkyoga.com>
Click "**on demand**" enter

Email: mountsinai@newyorkyoga.com
And password: yogayoga

- ▶ FREE 30-minute Self-Care Consultations
- ▶ Private and confidential
- ▶ In-person or over the phone
- ▶ Email 4calm@mountsinai.org for appointments



**Mount
Sinai**

New York Eye And Ear Of Mount Sinai	Slow Flow Yoga	Wednesdays 5:30 to 6:30 pm	Conference room 3rd Floor
New York Eye And Ear Of Mount Sinai	Take Time to Meditate Mindfulness Workshop	Mondays 12:00 Noon to 1:00 PM	Conference room 3rd Floor
Mount Sinai Hospital	Pilates Stress Break	Wednesdays 2:30-3:30pm Friday 3:00-4:00pm	Registration 4CALM@mountsinai.org
Mount Sinai Hospital	Monday & Wednesday - Open Level Vinyasa Yoga Tuesday: Slow Flow Yoga	M,T,W, 5:30 -6:30 pm	Annenberg, 19th floor Room 19-79
Mount Sinai Hospital	Take Time to Meditate Mindfulness Workshop	Tuesdays 12:00-1 pm	Annenberg 11th floor Levy Library-MSIT Learning Lab
Mount Sinai Corporate (42nd St)	Take Time to Meditate Mindfulness Workshop	Tuesdays 8:15am-9:00am	150 East 42nd St Room 4-D-9
Mount Sinai Corporate (42nd St)	Take Time to Meditate Mindfulness Workshop	Mondays 5:15-6:15 pm	150 East 42nd St Room 4 A-8
Mount Sinai Corporate (42nd St)	Yoga- Open Level Flow and Restorative Yoga	Wednesdays 5:15-6:15 pm	150 East 42nd St Room 4 A-8
Mount Sinai Beth Israel	Live Music for Meditation & Wellness by MSBI Music Therapists	Tuesdays 3:00 to 4:00 pm	MSBI Employee Gym Yoga Room
Mount Sinai Beth Israel	Meditative Drumming By MSBI Music Therapists	Fridays 2:30 to 3:00 PM	MSBI 9 Dazian
Mount Sinai Beth Israel	Yoga- Slow Flow Meditative	Mondays 5:30 to 6:30 pm	MSBI Employee Gym Yoga Room
Mount Sinai West	Take Time to Meditate Mindfulness Workshop	Mondays 11:30 -12:30pm	Chapel-2nd Floor
Mount Sinai West	Yoga- Open Level Vinyasa	Tuesdays 6:15 to 7:15 pm	Conference Room C 2nd Floor
Mount Sinai Queens	Mindfulness Integrated Chair Yoga	Tuesdays 12:30 to 1:30 pm	Ambulatory Pavilion 4th Floor Conference Room
Mount Sinai Queens	Yoga- Slow Flow Meditative	Wednesdays 5:30 to 6:30 pm	Ambulatory Pavilion 5th Floor Waiting Room
Mount Sinai St Luke's	Mindfulness Infused Yoga	Thursdays 5:30-6:30pm	Muhl Auditorium