

DAY	TIME	VIRTUAL LIVE CLASSES – LEARN MORE AND REGISTER emailto:4Calm@mountsinai.org
Sat	10:00 am	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.
Mon	12:30 pm	Mindfulness Infused Chair Yoga Archimedes Bibiano A 30-minute chair yoga class that incorporates yoga, mindfulness, and movement.
	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.
	7:00 pm	Open Level Vinyasa Yoga Marc Nelles This one hour yoga class starts with a short meditation, followed by a vigorous mix of pranayama (breathwork) & Vinyasa asana to gently warm and move the body. The class ends with Yoga Nidra to down-regulate the nervous system and promote a good night sleep. It is open to all levels and no previous experience is required.
Tues	12:30 pm	Mindfulness Pause Mickie Brown A 30 minute guided mindfulness practice to create community and connection.
	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.
	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.
Wed	12:30 pm	Mindfulness Pause Archimedes Bibiano A 30 minute guided mindfulness practice to create community and connection.
	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.
Thur	1:00 pm	Mindfulness Pause Mickie Brown A 30 minute guided mindfulness practice to create community and connection.
	5:30 pm	Mindfulness Infused Chair Yoga Archimedes Bibiano This one-hour chair yoga class highlights the connection between yoga and mindfulness meditation.
Fri	12:30pm	Mindfulness Infused Chair Yoga Archimedes Bibiano A 30-minute chair yoga class that incorporates yoga, mindfulness, and movement.
	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.