

DAY	TIME	VIRTUAL LIVE CLASSES	JOIN ZOOM MEETING	DIAL-IN
Sat	10:00 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 MEETING ID: 849 8250 4924 PASSWORD: 904093	929-436-2866
Sun	12:00pm	Open Level Pilates Jennifer Parker Pilates consists of a series of exercises that can help increase core strength, improve posture, undo the stresses of everyday life and increase energy. It is open to all levels, no previous experience is required.	https://mssm.zoom.us/j MEETING ID: 854 0581 4995 PASSWORD: 586799	929-436-2866
Mon	12:30pm	Mindfulness Pause Archimedes Bibiano A 30 minute guided mindfulness practice to create community and connection.	https://mssm.zoom.us/j/573069947 Meeting ID: 573 069 947 PASSWORD: mindful	929-436-2866
	5:30pm	Mindfulness Infused Chair Yoga Archimedes Bibiano A 30-minute chair yoga class that incorporates yoga, mindfulness, and movement.	https://mssm.zoom.us/j/660231924 MEETING ID: 660 231 924 PASSWORD: chair	929-436-2866
	7:00pm	Open Level Yoga Marc Nelles This one hour yoga class starts with a short meditation, followed by a vigorous mix of pranayama (breath-work) & 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.	https://mountsinai.zoom.us/j MEETING ID: 810 4371 4797 PASSWORD: Breath	646-876-9923
Tues	1:00pm	Mindfulness Pause Mickie Brown A 30 minute guided mindfulness practice to create community and connection.	https://mountsinai.zoom.us/j MEETING ID: 960 3016 3516 PASSWORD: Tuesday	646-876-9923
	5:30pm	Open Level Vinyasa Yoga 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 MEETING ID: 920 3473 1368 PASSWORD: Yoga	646-876-9923
Wed	12:30pm	Mindfulness Pause Archimedes Bibiano A 30 minute guided mindfulness practice to create community and connection.	https://mssm.zoom.us/j/573069947 MEETING ID: 573 069 947 PASSWORD: mindful	929-436-2866
	6:00pm	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://mountsinai.zoom.us/j MEETING ID: 963 2177 7533 PASSWORD: Yoga	646-876-9923
Thurs	12:30pm	Mid-Day Reset at Work Archimedes Bibiano This gentle and energizing 30-minute practice can help bring more alertness and energy to the body for a reset in the middle of the day	https://mountsinai.zoom.us/j/83885477519/ MEETING ID: 838 8547 7519 PASSWORD: Movement	929-436-2866

Fri	12:30pm	Mindfulness Pause Archimedes Bibiano A 30-minute guided mindfulness practice to create community and connection.	https://mssm.zoom.us/j/573069947 MEETING ID: 573 069 947 PASSWORD: mindful	929-436-2866
	5:00pm	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/ MEETING ID: 931 0615 6482 PASSWORD: calm	929-436-2866