<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>VIRTUAL LIVE CLASSES</th>
<th>MEETING INFORMATION</th>
<th>DIAL-IN</th>
</tr>
</thead>
</table>
| 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/849 8250 4924  
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/854 0581 4995  
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/573 069 947  
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/660 231 924  
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/810 4371 4797  
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/960 3016 3516  
MEETING ID: 960 3016 3516  
PASSWORD: Tuesday | 646-876-9923 |
|      | 5:30pm  | **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/920 3473 1368  
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/573 069 947  
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/963 2177 7533  
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/838 8547 7519  
MEETING ID: 838 8547 7519  
PASSWORD: Movement | 929-436-2866 |
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Instructor</th>
<th>Description</th>
<th>URL</th>
<th>Meeting ID</th>
<th>Password</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30pm</td>
<td>Mindfulness Pause</td>
<td>Archimedes Bibiano</td>
<td>A 30-minute guided mindfulness practice to create community and connection.</td>
<td><a href="https://mssm.zoom.us/j/573069947">https://mssm.zoom.us/j/573069947</a></td>
<td>573 069 947</td>
<td>mindful</td>
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<tr>
<td>5:00pm</td>
<td>Tai Chi</td>
<td>Steve Shulman</td>
<td>Tai Chi, originally a Chinese martial art, is an exercise practice that helps decrease stress and increase wellbeing through gentle, flowing movements.</td>
<td><a href="https://mssm.zoom.us/j/93106156482">https://mssm.zoom.us/j/93106156482</a></td>
<td>931 0615 6482</td>
<td>calm</td>
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