

Mindful Movement Schedule

In the spirit of flexibility, classes are subject to change. Check online for the latest. Pre-registration is always recommended.

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:30 am*	H.E.A.T. Cynthia Thorne		H.E.A.T. Cynthia Thorne		H.E.A.T. Alex Garcia
7:00 - 7:50 am	Jivamukti Yoga Allee Lizama	COMPLETE Cynthia Thorne	Empower Yoga Juan Gamboa	COMPLETE Cynthia Thorne	Empower Yoga Juan Gamboa
8:00 - 9:00 am	Erika Bloom Method Pilates Emily Tepper	Ashtanga Yoga Karri Jinkins	NEW CLASS Under Construction	Ashtanga Yoga Karri Jinkins	Erika Bloom Method Pilates Amelia Bonvento
8:30 - 9:00 am	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation David Booz
9:30 - 10:20 am	COMPLETE Joyce E. Levy	Empower Yoga Karri Jinkins	COMPLETE Joyce E. Levy	COMPLETE Chelsea Dornan	Empower Yoga Juan Gamboa
12:30 - 1:00 pm*	H.E.A.T. Alex Garcia		H.E.A.T. Alex Garcia		H.E.A.T. Chelsea Dornan
12:30 - 1:30 pm	Embody Yoga Chrissy Carter	Embody Yoga Lindsay Tyson	Embody Yoga Joyce E. Levy	Jivamukti Yoga Rima Rabatth	Embody Yoga Chrissy Carter
1:30 - 1:50 pm	R+R Chrissy Carter	R+R Lindsay Tyson	R+R Joyce E. Levy		R+R Chrissy Carter
2:00 - 2:20 pm	Meditation Chrissy Carter		Meditation Joyce E. Levy		Meditation John Benton
	5:00 - 6:00 pm Kundalini Yoga Valerie Oula		5:00 - 6:00 pm QiGong Jonathan Breshin		4:00 - 5:00 pm COMPLETE Chelsea Dornan
5:30 - 6:00 pm	Meditation Jessica Phillips	Meditation Gemma Gambee Lewis	Meditation Valerie Oula	Meditation David Booz	Breath Work Leslie Helpert
6:15 - 7:15 pm	Empower Yoga Raj Barker	COMPLETE Todd Allen	COMPLETE Todd Allen	Empower Yoga Ali Cramer	Sound Healing Leslie Helpert
7:30 - 8:30 pm	Empower Yoga William Defebaugh	Embody Yoga Juan Gamboa	Jivamukti Yoga Allee Lizama	R+R Lisa Weinert	Kundalini / Gong Bath *Alternating weeks* Valerie Oula

Class Time	Saturday
9:00 - 9:50 am	Empower Yoga Chelsea Dornan
10:00 - 10:20 am	Meditation Valerie Oula
10:00 - 10:50 am	COMPLETE Chelsea Dornan
11:00 - 12:00 pm	Kundalini Yoga Valerie Oula
11:00 - 11:20 am	Meditation John Benton
12:15 - 1:15 pm	Embody Yoga Juan Gamboa
12:30 - 1:00* pm	HEAT* Chelsea Dornan
4:00 - 5:00 pm	Empower Yoga James Bulgin

Class Time	Sunday
10:00 - 11:00 am	Erika Bloom Method Pilates Emily Tepper
10:00 - 10:30 am	Meditation Manjit Devgun
11:15 - 12:05 pm	COMPLETE Cynthia Thorne
12:15 - 1:15 pm	QiGong Jonathan Angelilli
12:30 - 1:00* pm	HEAT* Alex Garcia
4:00 - 5:00 pm	Empower Yoga Juan Gamboa
5:00 - 6:00 pm	R+R Juan Gamboa



Mindful Movement Studio



Meditation Dome



Private Training Gym: HEAT Classes*

Mindful Movement Class Descriptions



THE WELL

Ashtanga Yoga

An invigorating practice that coordinates breath and movement, through an established sequence of postures known as The Primary Series. This practice helps to stabilizing the body, mind and nervous system.

Complete

THE WELL's signature class is a dynamic blend of strength training and yoga that will focus you mentally and condition you physically. You will flow to great music, awaken your inner athlete, and leave feeling empowered.

Embody Yoga

A transformative class led by some of NYC's most experienced and dedicated teachers. Learn the art, science and language of yoga. All levels welcome.

Empower Yoga

An athletic, vinyasa-based class to strengthen your body as well as your mental focus. Classes integrate sun salutations, standing postures, arm balances, core work and backbends in 60-minutes or less.

Erika Bloom Method Pilates

This mat class strengthens muscles while also lengthening them with low-impact movements that are repeated in a sequence. Our pilates emphasizes form and alignment integrated with breath and focuses on "the core" muscles of the back and stomach, as well as intrinsic muscles for a long, lean physique.

H.E.A.T: High-Energy Activation Training

These challenging 40-minute total-body circuits kick off in small groups every 10 minutes. Pre-registration required.

Jivamukti Yoga

An open-level class that includes chanting, breath awareness, vinyasa flows, alignment exploration, hands-on assistance, relaxation and meditation. Classic yoga teachings relevant to life on and off the mat are presented, and eclectic music plays an integral role.

Kundalini Yoga

This spiritual form of yoga utilizes breath work, Kriya sets (repetitive movements performed for an extended time—not a flow) and mantra chanting to awaken dormant energy and promote mental clarity.

Meditation

These teacher-led group sessions draw upon a variety of proven techniques that empower you to better manage stress and upgrade your overall well-being.

QiGong

An ancient Chinese wellness practice that involves fluidly linking deliberate, meditative movements and rhythmic breathing.

R + R

A gentle class using bolsters and blankets to support the body in postures that calm the nervous system and reduce stress. Aromatherapy, hands-on adjustments, and Reiki may be incorporated to induce even deeper relaxation.

Sound Healing

A restorative class that integrates gentle movements and stillness, along with vocals, instrumentation and quiet meditative periods to generate a vibrational frequency that harmonizes the environment and promotes relaxation.