



Living Well Community

Virtual Wellness

Whether you are looking to shake it up, stretch it out, or get centered, we've got you covered with classes that are available to everyone at no cost and easy to access via Zoom.

Mindfulness

Mind the Moment in Everyday Life

Tuesdays from 12:00 to 12:30 p.m. ET

Every Tuesday, our experts explore practical ways to bring mindfulness into the flow of your everyday life.

The Art and Science of Awareness

The last Tuesday of each month is dedicated to exploring the science of mindfulness with leading researchers.

Practice Community with guest instructors

Wednesdays from 8:30 to 9:00 a.m. ET

Join our weekly drop-in session. Learn from our teachers and each other in this supportive environment.

Practice and Reflections with Tara Healey

Thursdays from 8:30 to 9:00 a.m. ET

Mind the Moment's founder, Tara Healey, offers guided meditations and reflections.

Strength Training

Tuesdays & Thursdays from 7:30 to 8:00 a.m. ET

Build a strong foundation with functional fitness moves. See for yourself why strength is a superpower.

Yoga

Restorative

Mondays from 5:30 to 6:30 p.m. ET

A feel-good practice incorporating slow movements into gradual deeper stretching and longer holds to support happier joints, muscles, and nervous systems.

Vinyasa Flow

Wednesdays from 5:30 to 6:30 p.m. ET

Build strength, flexibility and focus. This class is a perfect opportunity to explore yoga's many physical and mental benefits.

Cardio Dance

Tuesdays & Thursdays, 5:30 to 6:30 p.m. ET

Dance like nobody's watching! Enjoy upbeat music and moves anyone can try!

Wellness Wednesdays

Wednesdays from 1:00 to 1:30 p.m. ET

Topics include eating with the seasons, building microhabits, exploring a variety of cuisines and more.

Fitness Sampler

Thursdays from 1:00 to 1:30 p.m. ET

Our rotating series exploring different types of fitness such as cozy cardio, kickboxing, Qigong and more.

> For class links and on-demand recordings, visit harvardpilgrim.org/livingwell