



NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

Breath-Body-Mind™

Practice Sessions

Breath-Body-Mind™ (BBM) teaches gentle evidence-based, trauma-sensitive practices that provide rapid stress relief and, with practice over time, that also improve stress resilience.

Breath-Body-Mind™ is a program of evidence-based mind/body practices developed by integrative psychiatrists Richard P. Brown, MD, and Patricia Gerbarg, MD, that support mental health and wellness.

ALL Breath-Body-Mind™ Practice Sessions, Workshops, Trainings, and opportunities hosted by the New York State Trauma-Informed and Resource Center (NYSTINRC) are open to all New Yorkers and are free of charge.

How to Register

Each session will provide an opportunity to learn and use basic, gentle Breath-Body-Mind™ practices to soothe, balance and strengthen the nervous system. **Open to everyone!**



Scan to Register for **BBM**
Virtual Practice Sessions

Practice Sessions are offered every Tuesday at:

- 🕒 6:00 am for 30 minutes
- 🕒 12:00 pm for 30 minutes
- 🕒 8:00 pm for 45 minutes

Accommodations

NYSTINRC and the BBM Foundation are committed to providing access and reasonable accommodations for individuals with different abilities and/or disabilities during all provided programming. If you require accommodations for virtual or in-person events, or have additional questions, please contact BreathBodyMind.TINRC@ccsi.org.

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