Quick & Simple Stress Relief

Breath-Body-Mind™

English sessions are offered **every Tuesday** at

- **6:00 AM for 30 minutes**
- **12:00 PM for 30 minutes**
- **8:00 PM for 45 minutes**

Spanish sessions are offered **every Wednesday** at

- **8:00 PM for 30 minutes**

Breath-Body-Mind™ (BBM) is a set of gentle exercises that are based on science and designed to help **ease stress and calm your mind and body.** Our virtual sessions are free and open to all New Yorkers.

The New York State Trauma-Informed Network and Resource Center (NYS TINRC) is a virtual network funded by the NYS Office of Mental Health. We help people learn, grow, and better understand trauma.

Accommodations available upon request! Email us **tinrc@ccsi.org**

Scan here

with your smartphone's camera app to join a virtual BBM™ session

NEW YORK STATE | Office of Mental Health

New York State **Trauma-Informed Network & Resource Center**

BreathBodyMind Foundation