

IndieSpace & Indie Theater Fund

Mental Health Initiative

January 2022

Free & Low-Cost Classes & Workshops in NYC

Looking to center yourself and focus on self care without breaking the bank? Look no further! IndieSpace and the Indie Theater Fund are excited to share this monthly catalogue for FREE and/or LOW-COST classes and workshops in the NYC Boroughs and Online Virtual options. Check out recurring and one time classes offered throughout the month of January!

A Note from IndieSpace

Check out the Eventbrite Links to see if you need to RSVP or register for the event. All online events will either send you the zoom link or have it posted on the Eventbrite page! Some events have multiple dates, if the link claims the event has ended look at the "Event Details" for more dates. Feel free to contact Brea Clemons at brea@indiespace.org if you have any questions. Get ready to embark on a self care journey!

Online Events

Guided Meditation Classes

Sundays in December · 9:45am – 11:00am

[Eventbrite Link](#)

How To Improve Your Memory

Mondays in January · 2:00pm – 3:00pm

[Eventbrite Link](#)

Guided Meditation for Anxiety

Saturdays in January · 2:00pm – 3:00pm

[Eventbrite Link](#)

Guided Meditation Classes

Saturdays in January · 9:45pm – 11:00pm

[Eventbrite Link](#)

Mental Health Initiative

In the Boroughs

Mindfulness Hatha Yoga

Monday, January 10th · 6:30pm – 7:30pm

[Eventbrite Link](#)

Haitian Art Gallery PoP up Shop

Tuesdays in January · 2:00pm – 8:00pm

[Eventbrite Link](#)

Mindfulness Hatha Yoga

Wednesday, January 12th · 6:30pm – 7:30pm

[Eventbrite Link](#)

Winter Wellness

Thursdays in January · 5:00pm – 6:00pm

[Eventbrite Link](#)

Sanctuary Soundscape

Thursday, January 6th · 7:00pm – 8:00pm

[Eventbrite Link](#)

Stress Reduction Through Movement

Thursday, January 6th · 6:00pm – 7:00pm

[Eventbrite Link](#)

Kundalini Yoga, Meditation & Soundhealing

Fridays in January · 11:00am – 12:00pm

[Eventbrite Link](#)

Social Media Distancing

Friday, January 28th · 7:00pm – 9:00pm

[Eventbrite Link](#)

Soul Talks

Saturdays in January · 11:00am – 1:00pm

[Eventbrite Link](#)

Winter Gardening

Saturdays in January · 11:30am – 12:03pm

[Eventbrite Link](#)

Unapologetic Voice in the Heights

Saturdays in January · 8:00pm – 10:00pm

[Eventbrite Link](#)

Reflect & Recharge: A Session on Centering & Re-awakening

Sunday, January 16th · 1:00pm – 3:00pm

[Eventbrite Link](#)

Kundalini Yoga, Meditation & Soundhealing

Sundays in January · 9:00am – 10:30am

[Eventbrite Link](#)