

IndieSpace & Indie Theater Fund

Mental Health Initiative

February 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 February!

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 February · 9:45am – 11:00am

[Eventbrite Link](#)

How To Improve Your Memory

Mondays in February · 2:00pm – 3:00pm

[Eventbrite Link](#)

Guided Meditation for Anxiety

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

[Eventbrite Link](#)

Guided Meditation Classes

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

[Eventbrite Link](#)

Mental Health Initiative

In the Boroughs

NY@2:50 - 10 Minutes of Mindfulness

EVERYDAY · 2:50pm – 3:00pm

[Eventbrite Link](#)

Kundalini Yoga, Meditation & Sound Healing

Sundays in February · 9:00am – 10:30am

[Eventbrite Link](#)

Haitian Art Gallery PoP up Shop

Tuesdays in February · 2:00pm – 8:00pm

[Eventbrite Link](#)

Art for the Soul Tuesday Tea!

Tuesday, February 8th · 11:00am – 1:00pm

[Eventbrite Link](#)

Freelance Tax Workshop

Wednesday, February 2nd · 6:30pm – 8:00pm

[Eventbrite Link](#)

Winter Wellness

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

[Eventbrite Link](#)

Poetry in New York

Thursday, February 17th · 8:00pm – 10:00pm

[Eventbrite Link](#)

Kundalini Yoga, Meditation & Sound Healing

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

[Eventbrite Link](#)

Soul Talks

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

[Eventbrite Link](#)

Winter Gardening

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

[Eventbrite Link](#)

Unapologetic Voice in the Heights

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

[Eventbrite Link](#)

Defending Bodily Autonomy in a Broken System

Saturday, February 12th · 1:00pm – 3:30pm

[Eventbrite Link](#)

Black Feminist Futures Series: Black Women and Theories of the Future

Saturday, February 19th · 12:30pm – 2:30pm

[Eventbrite Link](#)