

# IndieSpace & Indie Theater Fund

# Mental Health Initiative

May 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 catalog 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 May!

## 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](mailto:brea@indiespace.org) if you have any questions. Get ready to embark on a self care journey!

## Online Events

### Guided Meditation Classes

Sundays in May · 9:45am – 11:00am

[Eventbrite Link](#)

### How To Improve Your Memory

Wednesdays in May · 10:00am – 11:00am

[Eventbrite Link](#)

### Guided Meditation for Anxiety

Saturdays in May · 2:00pm – 3:00pm

[Eventbrite Link](#)

### Guided Meditation Classes

Saturdays in May · 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](#)

### **Weekday Yoga Flow in Bella Abzug Park**

Mondays & Wednesdays in May · 5:30pm – 6:15pm

[Eventbrite Link](#)

### **MENTAL HEALTH AWARENESS CANDLE MAKING CLASS**

Thursdays, Fridays, & Saturdays in May · Multiple Times

[Eventbrite Link](#)

### **Yoga with Herbs**

Saturdays & Sundays in May · 11:30am – 12:30pm

[Eventbrite Link](#)

### **Yoga For Trauma**

Mondays in May · 7:00pm – 8:00pm

[Eventbrite Link](#)

### **Sound Bath Immersion in Nature**

Tuesday, May 17th · 7:30pm – 8:30pm

[Eventbrite Link](#)

### **Summer on the Hudson: Sunset Forest Bathing**

Wednesdays in May · 6:00pm – 7:30pm

[Eventbrite Link](#)

### **[Free] Space of Wellness - Brooklyn Neighborhood Health**

Wednesday, May 11th · 10:00am – 3:00pm

[Eventbrite Link](#)

### **Creative CAAre: Community ConversAAation**

Wednesday, May 25th · 6:00pm – 7:30pm

[Eventbrite Link](#)

### **Immersive Yoga Experience**

Thursdays in May · 6:00pm – 7:00pm

[Eventbrite Link](#)

### **Outdoor Yoga in Prospect Park**

Saturdays in March · 9:00am – 10:00am

[Eventbrite Link](#)

### **IMPERFECTIONS | Art Exhibition**

Saturday, May 7th · 6:00pm – 9:00pm

[Eventbrite Link](#)

### **Community Paint Festival - East Harlem**

Saturday, May 21st · 11:00am – 4:00pm

[Eventbrite Link](#)