

November 2021

Events are presented by Yale New Haven Health Systems (YNNHS) and are open to everyone. Click the link to register for the session of your choice. To view more events from YNNHS [click here](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am – Beginners Meditation 3pm – T'ai Chi/Qigong	2 12:30pm – Phone Meditation 1pm – Chair Based Exercise 3pm – Restorative Yoga	3 4pm – Phone Meditation 6pm – Cardiac Support Group	4 9am – Phone Meditation 10am – Gentle Yoga 2pm - T'ai Chi/Qigong	5 1pm – Phone Meditation	6
7	8 10am – Beginners Meditation 3pm – T'ai Chi/Qigong	9 12:30pm – Phone Meditation 1pm – Chair Based Exercise 3pm – Restorative Yoga	10 2pm - T'ai Chi/Qigong 4pm – Phone Meditation 5pm – Stroke Education Support Group	11 9am – Phone Meditation 10am – Gentle Yoga	12 1pm – Phone Meditation	13
14	15 10am–Beginners Meditation 3pm - T'ai Chi/Qigong	16 12:30pm – Phone Meditation 1pm – Chair Based Exercise 3pm – Restorative Yoga	17 2pm - T'ai Chi/Qigong 4pm – Phone Meditation	18 9am – Phone Meditation 10am – Gentle Yoga	19 1pm – Phone Meditation	20
21	22 10am–Beginners Meditation 3pm - T'ai Chi/Qigong	23 12:30pm – Phone Meditation 1pm – Chair Based Exercise 3pm – Restorative Yoga	24 4pm – Phone Meditation	25 	26	27
28	29 10am–Beginners Meditation 3pm - T'ai Chi/Qigong	30 12:30pm – Phone Meditation 1pm – Chair Based Exercise 3pm – Restorative Yoga				