

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FERTILITY CENTER WELLNESS PROGRAM SEPTEMBER 2017 Learn more about our Wellness Program online at: http://nyulangone.org/locations/fertility-center/fertility-wellness-program					1 ✨ Yoga (DC) 10:30 – 11:30am ☼ Yoga (ED) 12:30 – 1:30pm ◆ Yoga (BR) 5:30 – 6:45pm	2 ■ Acupuncture 11am – 2:30pm (BA) EID AL-ADHA
3	4 LABOR DAY	5 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☼ Yoga (DC) 7-8pm	6 ✨ Acupuncture 5 – 7:30pm (SF)	7	8 ✨ Yoga (DC) 10:30 – 11:30am ☼ Yoga (ED) 12:30 – 1:30pm ◆ Yoga (BR) 5:30 – 6:45pm	9 ■ Acupuncture 11am – 2:30pm (BA)
10	11 ✨ Acupuncture 2-5pm (LR)	12 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ✨ Class 1 6:30 – 8:30pm ☼ Yoga (DC) 7-8pm	13 ✨ Acupuncture 5 – 7:30pm (SF)	14	15 ✨ Yoga (DC) 10:30 – 11:30am ☼ Yoga (ED) 12:30 – 1:30pm ◆ Yoga (BR) 5:30 – 6:45pm	16 ■ Acupuncture 11am – 2:30pm (BA)
17	18 ✨ Acupuncture 2-5pm (LR)	19 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ✨ Class 2 6:30 – 8:30pm ☼ Yoga (DC) 7-8pm	20 ✨ Acupuncture 5 – 7:30pm (SF) ROSH HASHANA BEGINS	21	22 ✨ Yoga (DC) 10:30 – 11:30am ☼ Yoga (ED) 12:30 – 1:30pm ◆ Yoga (BR) 5:30 – 6:45pm MUHARRAM FALL BEGINS	23 ■ Acupuncture 11am – 2:30pm (BA)
24	25 ✨ Acupuncture 2-5pm (LR)	26 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ✨ Class 3 6:30 – 8:30pm ☼ Yoga (DC) 7-8pm	27 ✨ Acupuncture 5 – 7:30pm (SF)	28	29 ✨ Yoga (DC) 10:30 – 11:30am ☼ Yoga (ED) 12:30 – 1:30pm ◆ Yoga (BR) 5:30 – 6:45pm	30 ■ Acupuncture 11am – 2:30pm (BA) YOM KIPPUR

☼ **Yoga at NYULFC – Dalia Cohen**
 5th Floor lobby
yotility@gmail.com
 Safe to practice at any time during your treatment.

Mind/Body Classes - Helen Adrienne
 420 E. 64th Street, Apt. E1C
 (between 1st and York Avenues)
Helen@HelenAdrienne.com
 (212) 758-0125

Series of five classes – take one or take them all. <http://mind-body-unity.com>

Acupuncture with
 ✨ **Lara Rosenthal**
 ✨ **Sara Frohlich**
 ■ **Belinda Anderson**

Hours listed are onsite at NYULFC
 (212) 807-6769
info@lararosenthal.com

Safe to practice at any time during your treatment. Also available offsite.

☼ **Yoga at Earth Yoga – Dalia Cohen**
 Earth Yoga, 328 E. 61st Street
<http://earthyoganyc.com>
earthyoganyc@gmail.com
 (646) 726-4710

Safe to practice at any time during your treatment.

☼ **Yoga at World Yoga Center - Evelyn DeLuca**
 265 W. 72nd Street
edshakti27@gmail.com

Safe to practice at any time during your treatment.

◆ **Restorative Yoga – Barrie Raffel**
 Amsterdam Ave. at 75th Street
barrieraffel@earthlink.net

Safe to practice at any time during your treatment.

☼ **Nutrition Counseling – Bridget Murphy**
 (646) 754-4902
bridget.murphy@nyumc.org

