

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 ☸ Acupuncture 2-5pm (LR)	3 ☸ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☸ Mind/Body #4 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	4 ☸ Acupuncture 5 – 7:30pm (SF)	5	6 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	7 ■ Acupuncture 11am – 2:30pm (BA) Passover ends
8	9 ☸ Acupuncture 2-5pm (LR)	10 ☸ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☸ Mind/Body #1 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	11 ☸ Acupuncture 5 – 7:30pm (SF)	12	13 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm Isra and Mi'raj	14 ■ Acupuncture 11am – 2:30pm (BA)
15	16 ☸ Acupuncture 2-5pm (LR)	17 ☸ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☸ Mind/Body #2 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	18 ☸ Acupuncture 5 – 7:30pm (SF)	19	20 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	21 ■ Acupuncture 11am – 2:30pm (BA)
22	23 ☸ Acupuncture 2-5pm (LR)	24 ☸ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☸ Yoga (DC) 7-8pm	25 ☸ Acupuncture 5 – 7:30pm (SF)	26	27 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	28 ■ Acupuncture 11am – 2:30pm (BA)
29	30 ☸ Acupuncture 2-5pm (LR)	FERTILITY CENTER WELLNESS PROGRAM <h1>APRIL 2018</h1> Learn more about our Wellness Program online at: http://nyulangone.org/locations/fertility-center/fertility-wellness-program				

☸ **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 four classes – take one or take them all. <http://helenadrienne.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://earthiyoganyc.com>
earthiyoganyc@gmail.com
 (646) 726-4710
 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 with**
Bridget Murphy
 (646) 754-4902
bridget.murphy@nyumc.org

