


August 2025


Community Picks




HMFP Members have free access to over 100 live, online Ompractice classes weekly, an on-demand video library & new programming every month.

AUGUST FEATURED SPECIAL CLASSES

 **Breathwork for Better Sleep** – with Eric Brown
Saturday, August 23rd at 7:00pm ET
Calming movement and breath practice
to help you unwind and sleep more deeply.

 **Qigong for Stress Reduction** – with Gurney Bolster
Sunday, August 17th at 5:00pm ET
Gentle movement to reset, relax, and rebalance.

 **Tasha's Walk It Out – Summer Cardio Series**
Tuesdays & Thursdays at 11:00am ET (Weekly)
Low-impact, high-energy walking classes!
No experience or equipment needed!

Try the Reach In, Reach Out Challenge!

Take any 3 live classes in August designed to help you recharge and reconnect with yourself and others to complete the challenge.



Reach In Reach Out

AUGUST 2025 CHALLENGE

Take **any 3 classes** that help you recharge and reconnect — emotionally, physically, and socially. Breathwork, gentle movement, stress reduction, or anything that fills your cup.



To register for free scan the QR code or visit:
app.ompractice.com/memberships/hmfp

