

September 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.

SEPTEMBER FEATURED SPECIAL CLASSES

 **Laugh Yoga** – with Beth Ciesco

Saturday, Sept 13 at 11:00am ET (30 min)

A joyful practice that's part breathing exercise, part mindset shift, and part full-body giggle. Boost oxygen, circulation, and immunity while reducing stress - all through intentional laughter.

 **Gentle Movement for Better Sleep** – with Dannika

Saturday, Sept 20 at 7:00pm ET (30 min)

Learn to use slow, grounding movement and mindful breath to ease tension and prepare for a peaceful night.

ON DEMAND: Walk it Out with Tasha (30 min): A fun, low-impact walking workout you can do right at home. (Class meets live 2x/week.)

 **Try the Rooted in Relief Monthly Challenge!**

Take 3 classes that support pain relief, emotional balance, and grounding to complete the challenge.



Rooted In Relief

SEPTEMBER CHALLENGE

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

