

Free Online Movement & Mindfulness Classes

What is Ompractice?

Ompractice is an interactive wellness platform offering over 100 classes weekly that are taught by a highly qualified and diverse teacher team. Customize your experience by private messaging your teachers any limitations/ concerns prior to class through your portal. Come as you are, leave feeling relaxed, empowered and ready to conquer your day!



Where do I sign up for my free membership?

Scan the QR code or visit the website below to claim your free benefit and become an Ompractice member with access to unlimited classes and programming.



app.ompractice.com/memberships/miia

How can Ompractice support me?

Need help choosing your first class? The majority of Ompractice classes are designed for beginners, and are focused on gentle movement.

Stress Management

- Breathwork
- Sound Bowls
- Guided Meditation
- Living Your Dharma
- Peaceful Flow
- Decompress & Rest
- Restorative

Gentle Flexibility

- Tai Chi for Health & Wellness
- Gentle Flow
- Slow Flow
- Mind + Align
- Tai Chi & Qigong

Aches & Pain Relief

- Gentle Stretch
- Yoga for Tight Shoulders and Neck
- Hip Strength & Mobility
- Yin Yoga
- AcuYin
- Yoga for Back Care

Good Sleep

- iRest Yoga Nidra
- Guided Meditation
- Yogi Unwind
- Restorative

Beginner Programming

- Beginners Yoga
- Guided Meditation
- Breathwork
- Beginner Hatha
- Intro to Yoga
- Sound Bowls
- Gentle Stretch

Higher Intensity Workouts

- Full Body Barre
- Pilates
- Power Yoga
- Vinyasa Yoga
- MoveYoga