

Free Online Movement & Mindfulness Classes



What is Ompractice?

Sign up for free access to **over 100 live camera-on fitness and mindfulness classes a week** to help you reduce stress, improve flexibility, get strong, and age well.

We have all the classes you need to get active and **focus on your whole health**: plus a video library, monthly special classes and programs, a better living newsletter, and supportive teachers and community.

How can Ompractice support me?

Our classes welcome everyone – whether you’re completely new to movement practices or have years of experience. Most of our classes focus on gentle, accessible movement that you can adapt to your needs. Here are some popular options:

Classes for All Levels

- Beginner Classes
- Stretching and Mobility
- Cardio, Strength and Flexibility

Stress Management

- Guided Meditation and iRest
- Sound Bowl Relaxation
- Restorative Yoga
- Good Sleep Classes

Pain Management

- Yoga for Tight Shoulders and Neck
- Back Pain Classes
- Seated and Adaptive Classes
- Tai Chi for Arthritis

Strength and Aging Well

- Body Weight Strength Classes
- Tai Chi and Qigong
- Gentle Stretch

Women's Health

- Pelvic Floor Strength and Mobility
- Prenatal

Higher Intensity Workouts

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

Where do I sign up for my free membership?

Scan the QR code or visit the website below to sign up for your **free membership in partnership with MIIA Wellness** with access to unlimited classes and programming.

Sign up at: app.ompractice.com/memberships/miia

