

See [Readings at the Quest Bookshop](#) for our Tarot, Astrology and Medium readings schedule.

Sundays:

See Monthly Calendar

Mondays:

Free Meditation at the Quest Bookshop with Angella Focas

12:10 PM - 12:30 PM

1:10 PM - 1:30 PM

5:15 PM - 6:15 PM

6:30 PM - 7:15 PM

Donations Accepted

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 2nd floor

T'ai Chi for Better Balance, \$10 per class

3:10 PM - 4:10 PM

T'ai Chi for Better Balance is based on simple Qigong and T'ai Chi movements which have been proven to help balance as we age. It is a good introduction to the T'ai Chi Chih form that we also feature each week. For more information contact Carolyn Perkins at: 212-371-0133 or ask at the Quest Bookshop.

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 2nd floor

Vinyasa Yoga Class, \$10 per class

See website or call (212) 758-5521 for details

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 4th Floor.

5:30 PM - 6:00 PM

Healing the Loss of a Love - Attracting a Healthy and Loving Relationship, \$10 per class

7 PM - 9 PM

See [website](#) or call 913-927-4281 for details

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 3rd Floor.

Tuesdays:

T'ai Chi Chih Classes \$10 per class (no class 9/5 & 9/12)

11:30 AM - 12:30 PM

T'ai Chi Chih is a moving meditation derived from T'ai Chih and Qigong techniques designed to heighten energy, reduce stress and blood pressure, strengthen bones and

improve balance, as well as mental and physical well-being.

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, main floor

Free Meditation at the Quest Bookshop with Angella Focas

12:40 PM - 1:00 PM

1:10 PM - 1:30 PM

5:10 PM - 5:30 PM

Donations Accepted

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 2nd floor

Wednesdays:

Free Meditation at the Quest Bookshop with Angella Focas (no session 10/11)

12:30 PM - 12:50 PM

4:45 PM - 5:45 PM

Donations Accepted

Next door to the Quest Bookshop, 242 East 53rd St., New York, NY 10022, 2nd Floor.

[Open Tai Chi Meetup](#)

Level 1: 12:20 PM

Level 2: 1:30 PM

Next door to Quest Bookshop, 242 East 53rd St., New York, NY, 10022, 3rd Floor

[Kriya Hatha Yoga & Pranayama](#), \$10 per class

6:15 PM - 7:00 PM

See website or call (212) 758-5521 for details

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 4th Floor.

New York Theosophical Society Members' Program

Contact Lyn Trotman at (212) 758-5521 for more information)

Thursdays:

Free Meditation at the Quest Bookshop with Angella Focas

12:10 PM - 12:30 PM

1:10 PM - 1:30 PM

Donations Accepted

Next door to the Quest Bookshop, 242 East 53rd St., New York, NY 10022, 2nd Floor.

T'ai Chi Chih for Beginners, \$10 per class

2:30 PM - 3:30 PM

Beginner's T'ai Chi Chih - a simple form of moving meditation to circulate and balance Chi energy through the body. It is a combination of easy T'ai Chi movements combined with Qigong to keep Yin and Yang in harmony which Chinese Medicine says is the secret to a long and healthy life. Medical studies have shown that it strengthens the bones, improves the balance, ensures a healthier immune system, lowers blood pressure and can even lift depression. This easy relaxing form is suitable for all ages and requires no special clothing (flat shoes for ladies).

[Vinyasa Yoga Class](#), \$10 per class

See website or call (212) 758-5521 for details

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 4th Floor.

12:00 Noon and 5:30 PM

Fridays: T'ai Chi for Better Balance, \$10 per class

11:30 AM - 12:30 PM

T'ai Chi for Better Balance is based on simple Qigong and T'ai Chi movements which have been proven to help balance as we age. It is a good introduction to the T'ai Chi Chih form that we also feature each week. For more information contact Carolyn Perkins at: 212-371-0133 or ask at the Quest Bookshop.

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 2nd floor.

Free Meditation at the Quest Bookshop with Angella Focas

12:40 PM - 1:00 PM

1:10 PM - 1:30 PM

5:15 PM - 6:00 PM

Donations accepted

Next door to the Quest Bookshop, 240 East 53rd St., New York, NY 10022, 2nd floor

Saturdays:

See monthly calendar