

WEEKLY

MON

Intermediate Pilates w/ Elaine
10:00-11:00am
Zumba w/ Mary
11:30-12:30pm
Hatha Yoga w/ Donna
6:00-7:00pm

TUES

The Nia® Technique w/Gail
10:00-11:00am
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Flow Yoga w/ Tracy
6:00-7:00pm

WED

Chair Yoga w/ Bettina
8:30-9:30am
HeartMath Meditation w/Diane
10:00-11:00am
Tai Chi w/ Steve
11:30-12:30pm
Belly Dance w/ Jayne
3:30-4:30pm
Pilates w/ Donna
6:00-7:00pm

THUR

Healing Hatha Yoga w/Darrell
10:00-11:00am
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Restorative Yoga w/ Vickie
7:00-8:00pm

FRI

Easy Strengthening Yoga w/ Darrell
10:00-11:00am
Qi Gong 30min Express w/ Paula
2:30-3:00pm

SAT

The Nia® Technique w/Gail
10:00-11:00am

CONSCIOUS MARKET HOURS
Mon-Wed 9am-5pm
Thursday 9am-7pm
Friday 9am-5pm
Saturday 10am-2pm
Sunday CLOSED



WED 03

Empowered Book Club w/ Diane (4 of 7)
11:30-12:30pm
A haven for seekers of personal growth, self-discovery, and transformation. In this enriching literary journey, we delve into a curated selection of empowering books that ignite the flames of self-awareness, resilience, and inner strength.

THU 04

Free Seminar: Spring Cleaning for the Body, Mind, & Spirit
5:30-6:30pm
Embrace the change of the season by decluttering your life and fostering a renewed sense of balance, clarity, and vitality. It's time to let go of what no longer serves you and welcome in the new energy of spring! with Wellness Coordinator and Life Coach, Diane Friedberg.

SAT 06

Free Garden Education w/ Michael 
10:00-11:00am
This class will dive into the art of planting a garden to attract pollinators.


Plant Powered Picnics w/ Nurse Shannyn
11:00-12:00pm
Explore plant-based healthful foods for picnics and gatherings!. Event by www.NursesWithAMission.com

Free Educational Documentary & Discussion
1:00pm
A 2-hour Documentary viewing followed by a discussion panel on geoeengineering, weather modification, and the environmental dangers that could be affecting us and our loved ones.

WED 10

Empowered Book Club w/ Diane (5 of 7)
11:30-12:30pm

FRI 12

The Open Cup Conference 
6:30pm-4:00pm
Hosted by local author and speaker, Tashena Anderson-Place. This 2-day conference is a spiritual journey like no other, designed to strengthen your faith, foster community, and leave you ready to SAY YES to what is next! Tickets at: www.theopencupcollective.com*

SAT 13

Pop Up Chair Yoga w/ Vickie
2:00-3:00pm
In this class we will build strength, mobility, balance, and flexibility. This is an ALL levels class.*

MON 15

Empowered Book Club w/ Diane (6 of 7)
11:30-12:30pm

WED 17

Empowered Book Club w/ Diane (6 of 7)
11:30-12:30pm

SAT 20

EARTH DAY CELEBRATION
SATURDAY, APRIL 20TH, 2024 ~ 9AM-3PM

Over 60+ Local Vendors • Food Trucks • Garden Activities • Plant Sale • Music • Fitness Demos • Eco Talks • Artists • Children's Activity Zone • Interactive Drum Circle and more! FREE! Please carpool!

9:00AM Yoga on the Lawn
10:00AM NIA (Non-Impact-Aerobics)
Mushrooms 101
10:30AM CBD 101: Plants as Medicine
SOS: Sky Above Earth Below
11:00AM Qi Gong/Tai Chi
11:30AM Reptile/Bug Show
12:00PM Sound Healing Journey
Edible & Native Plants
12:30PM Identify Your Spirit Totem
1:00PM Interactive Drum Circle
2:00PM World Peace Meditation



MON 22

Greenpoint Thermography
727-576-0100 to book*

WED 24

Empowered Book Club w/ Diane (7 of 7)
11:30-12:30pm

SAT 27

3rd Annual Angel Walk 
10:00-1:00pm
Raise awareness for Domestic Violence. All proceeds benefit Private Angels, a 501c3 non-profit aiding survivors in Hernando County.* Privateangels.net

World Tai Chi / Qi Gong Day

11:15-12:15pm
Watch and participate in FREE Tai Chi Qigong demonstrations with Instructors Steve Contes - Chen-style at 11:20 am and Paula Nelson, Yang-style at 11:40 am.

Free Wellness Technology Workshop
11:30-1:30pm (12:00pm Live Presentation)
You're invited to come Experience Self Healing! Learn about a Cutting-Edge Biotechnology Enterprise offering an Innovative Wellness Solution.

Baby Massage Workshop w/ Nicole

1:00-2:00pm
By learning the art of infant massage, you become empowered as a parent to help support your babies health. Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.*



CONNECT WITH THE WELCOME OM CENTER

352.600.4242

wellcomeomcenter.com

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*Must pre-register. Workshop fees apply.



cali mex bowl

Try our NEW Spring Menu

