

# WEEKLY

MON

Yogalates w/ Elaine  
10:15-11:15am  
Hatha Yoga w/ Donna  
6:00-7:00pm

TUES

The Nia® Technique w/Gail  
10:15-11:15am  
Tai Chi & Qi Gong w/ Paula  
11:30-12:30pm  
Flow Yoga w/ Tracy  
6:00-7:00pm

WED

Chair Yoga w/ Bettina  
9:00-10:00am  
HeartMath Meditation w/Diane  
10:15-11:15am  
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  
10:15-11:15am  
Restorative Yoga w/ Vickie  
6:30-7:15

FRI

Easy Strengthening Yoga w/ Darrell  
10:15-11:15am

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



THU

**01** Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott  
11:30-12:30pm  
(4/8) Effects of stress on health and wellbeing (Garden)

SAT

**03** Free Garden Education w/ Michael  
10:00-11:00am  
This class will focus on the basics of creating compost from basic kitchen and yard waste as well as mistakes to avoid in the process.

WED

**07** Empowered Book Club w/ Diane (2 of 6)  
11:30-12:30pm  
We are reading *The Prophet* by Khalil Gibran.

THU

**08** Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott  
11:30-12:30pm  
(5/8) Practicing self-care (Studio)  
**Free Seminar: Using Your Ethereal Eyes**  
5:30-6:30pm  
This talk dives deep into the power of intuition and how to cultivate it as a powerful tool in your life with Life Coach, Diane Friedberg.

WED

**14** Empowered Book Club w/ Diane (3 of 6)  
11:30-12:30pm  
We are reading *The Prophet* by Khalil Gibran.  
**Free Workshop: Nurturing Your Inner Child**  
3:00-4:00pm  
This workshop is designed to help you reconnect with your inner child, embrace self-compassion, and heal past wounds in a supportive and nurturing environment with Annette Becklund, MSW, LCSW, NBCCH.

THU

**15** Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott  
11:30-12:30pm  
(6/8) Techniques for improving the quality of sleep and dreams (Studio)

SAT

**17** BEE CONSCIOUS HONEY BEE DAY & CRAFT FAIR  
10:00-2:00pm | FREE  
10:00 AM Plant Lives Matter - Garden Stage  
10:30 AM The Importance of Honey Bees - Studio  
11:00 AM Be the Change- Don't Change the Bees - Studio  
11:30 AM Hemando Audubon- Market  
12:00 PM Honey Tasting & Education - Studio  
12:30 PM Bee Healthy With Bee Supplements - Market  
1:00 PM How to Get Started with Bees - Studio



## CONNECT WITH THE WELLCOME OM CENTER

352.600.4242  
wellcomeomcenter.com  
4242 Lake in the Woods Dr. Spring Hill, FL  
\*Must pre-register. Workshop fees apply.

MON

**18** Free Seminar: Honey Beauty & Spa Facials and Skin Care w/ Honey Beauty & Spa  
11:00-12:00pm  
Join us in the Conscious Market for an informational session discussing the range of farm fresh products and services designed to set your skin and mood aglow!

WED

**21** Empowered Book Club w/ Diane (4 of 6)  
11:30-12:30pm  
We are reading *The Prophet* by Khalil Gibran.

THU

**22** Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott  
11:30-12:30pm  
(7/8) Cleansing body and mind (Market)  
**Free Workshop: Write For Your Life**  
5:00-6:00pm  
This transformative writing group is designed to help you explore your inner world, process emotions, and foster personal growth through the therapeutic act of writing with Annette Becklund, MSW, LCSW, NBCCH.

MON

**26** Free Seminar: Honey Beauty & Spa Facials and Skin Care w/ Honey Beauty & Spa  
11:00-12:00pm  
Join us in the Conscious Market for an informational session discussing the range of farm fresh products and services designed to set your skin and mood aglow!

WED

**28** Empowered Book Club w/ Diane (5 of 6)  
11:30-12:30pm  
We are starting *The Prophet* by Khalil Gibran.

THU

**29** Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott  
11:30-12:30pm  
(8/8) Holistic Wellness Journey Celebratory Lunch\*  
**Sound Healing Meditation w/ Natalia Odorodko\***  
6:00-7:00pm  
Join us for a unique and immersive journey into relaxation and self-discovery.

SAT

**31** Baby Massage Workshop w/ Nicole\*  
12:00-1:00pm  
Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.  
**Free Event: Mom Tribe Meetup**  
1:00-2:00pm  
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together.



SCAN QR TO VIEW THE CALENDAR ONLINE/PRINT