

WEEKLY

MON

Yoga 101 w/ Elaine

10:00-11:00am

This class is designed for beginner to intermediate level students.

Mindful Movement Yoga w/ Vickie

4:00-5:00pm

Expect restorative and yin yoga poses.

TUES

Self Care & Mobility Yoga w/ Kyle

6:00-6:45pm

A 45-minute class dedicated to creating better movement and range of motion to get your muscles functioning better and with less pain.

WED

Restorative Yoga w/Vickie

6:00-7:00pm

Light yoga with soothing lights and sounds where we will do stretching and healing poses to ambient lighting.

THUR

Healing Hatha Yoga w/Darrell

10:00-11:00am

Improve your breath concentration and balance with hatha yoga poses to help you focus, strengthen your foundation and calm your mind.

Teen Talk Sesh

5:30-6:30pm

Get support and acceptance in a safe environment that is free of judgment. Hosted by the Dawn Center. *Teens Only

FRI

Easy Strengthening Yoga w/ Darrell

10:00-11:00am

Focusing on building strength by breathing properly and relaxing into the poses.

SAT

Vitamin Chi: Breathwork w/Dominique

10:00-11:00am

Tap into the power of your breath and mindful intent & generate a state of pure harmony, presence, inner stillness, and bliss.

CONSCIOUS MARKET

HOURS

Mon-Wed 9am-5pm

Thursday 9am-7pm

Friday 9am-5pm

Saturday 10am-2pm

Sunday CLOSED

MONTHLY CALENDAR / AUGUST

THU 05

Reawakening The Child In You

5:30-6:30pm

Join us for a FREE community education seminar by Dr. Maria Scunziano-Singh

SAT 07

Garden Workshop w/ Michael

10:00-11:00am

FREE community education

1st Sat Picnic + Plant Swap

11:00-12:00pm

Please bring your lunch and some snacks to share and we will provide the music, refreshments, and crafts to keep the kids entertained.

Improve Your Mood & Attitude

11:00-12:00pm

Please join our FREE Seminar with Diane Friedberg to find out how the brain works and by adding some supplements you can enhance your brain function and memory.

SAT 14

Soap Making w/ Olive Drab Farms

10:00-12:00pm

You will make and take home one large and two medium candles, two wax melts plus an instruction manual. You will be provided with all of the equipment needed.*

THU 19

Integrative Healing Info Session

5:30-7:00pm

Learn all about the natural and holistic services offered at the center by Integrative Healing at OM.

FRI 20

Luna Rising Women's Circle

6:00-9:00pm

A monthly gathering aligning with the cycles of the moon. We provide a supportive and nurturing environment to assist and guide you in your own personal healing and transformation.*

SAT 21

CPR/AED/BSL + First Aid Course

10:00-3:00pm

Includes certification card which is valid for 2 years.*

BEMER Therapy Drop In Day

10:00-2:00pm

Learn about this healing modality that even NASA uses and receive a complimentary BEMER Therapy Session!

THU 26

The Science of Wearing Crystals

5:30-6:30pm

Join Dominique Grace and learn about the what's, why's, and how-to's about wearing your crystal jewelry to maximize their healing and high vibe properties and benefits.*

SAT 28

Chamber of Commerce Health & Wellness Expo

10:00-3:00pm

Free community event! Educational forums, live entertainment, food trucks, health screenings, demos, family fun, prizes, samples, firetruck, D.A.R.E. car, bloodmobile, free mammograms and more!

**Must pre-register.*

Workshop fees apply.

CONNECT WITH THE WELLCOME OM CENTER



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