

WEEKLY

MONTHLY CALENDAR / AUGUST



MON

Yogalates w/ Elaine
(1st Mon of the month on the ball)
10:00-11:00am

Martial Arts Movement w/ Charlie
11:30-12:30pm (starts 7/11)

Mindful Movement Yoga w/ Vickie
4:00-5:00pm

Yoga Flow & Meditation w/ Donna
6:00-7:00pm

TUES

Pop Up Zumba Fitness
10:00-11:00am

Intermediate Tai Chi w/ Charlie
11:30-12:30pm

Beginner Tai Chi w/ Charlie
12:45-1:45pm

Slow Flow Yoga w/ Tracy
6:30-7:30pm

WED

HeartMath Meditation w/Diane
10:00-11:00am

Yoga Flow & Meditation w/ Donna
4:00-5:00pm

Restorative Yoga w/ Vickie
6:00-7:00pm
*BYOB (Bring Your Own Blanket)

THUR

Healing Hatha Yoga w/Darrell
10:00-11:00am

Intermediate Tai Chi w/ Charlie
11:30-12:30pm

Beginner Tai Chi w/ Charlie
12:45-1:45pm

Dawn Center Teen Talk
5:30-6:30pm (Teens Only)

Pilates w/ Donna
7:00-8:00pm

FRI

Easy Strengthening Yoga w/ Darrell
10:00-11:00am

SAT

Zumba® Express w/ Donna
9:00- 9:45am

High Intensity Tabata w/ Tracy
10:00-11:00am

CONSCIOUS MARKET HOURS

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

THU 04

Wholly Healthwise: Intermittent Fasting 101
5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.

WED 17

Free Garden Education w/Doug
10:00-11:00am
Time to Upgrade. Let's revive and divide those root-bound, overcrowded, potted plants of ours. You bring the pots and we'll have the soil.

SAT 06



Free Garden Education w/ Michael
10:00-11:00am
Composting: 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.

THU 18


Ayurveda Health Seminar
5:30-6:30pm
Join us for a free wellness seminar with Ved Living on Overcoming Physical Pain Through Intuition.



SAT 20

Plant Party in the Garden
11:00-12:00pm
Please bring your lunch and some snacks to share and we will provide the music, refreshments, plants for sale, and crafts to keep the kids entertained.

Free Workshop: All Stressed Out!
11:00-12:15pm
Learn about mental habits that keep us in the anxiety loop. by Certified Hypnotherapist, Jayne Arrington

COMMUNITY Drum Circle 
11:30-12:30pm
Have Fun with Rhythm Games, Affirmations, Empowering Songs, Dance & Exploration of Rhythm Instruments

The Future of Wellness Technology
12:30-1:30pm
Wellness Technology Info Session & Demo with Microcirculation Center

WED 10

The Five Tibetan Rites w/ Elaine
12:00-1:00pm
Tibetan monks believe these poses Activate and Stimulate the 7 Key Chakras that in turn stimulate all the glands of the endocrine system



Nickels for Nipples: Designer Bag Bingo 
Doors 5:00pm
Ladies Night Out!
\$40 includes a set of bingo cards and a dauber. Texas Roadhouse sponsored food, dessert, plus a 50/50 raffle. \$45 at the door.
www.nickelsfornipples.com



FRI 12

Care 4 Caregivers Launch
2:00-4:00pm
Support Meetings focus on: spiritual, emotional, mental, and physical balance.

SAT 27

Hernando Annual Health & Wellness Expo 
10:00-2:00pm
This FREE Family event will offer: resources, screenings, demos, and educational forums on relevant wellness topics. Expect food, prizes, entertainment, and giveaways! Free parking onsite.

TUES 16

Cancer Support Program 
2:00-4:00pm
Support Program for people, families & caregivers affected by Cancer.



CONNECT WITH THE WELLCOME OM CENTER

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*Must pre-register. Workshop fees apply.

