

# WEEKLY

**MON** Yogalates w/ Elaine  
10:00-11:00am  
Mindful Movement Yoga w/ Vickie  
4:00-5:00pm  
The Himalayan Science of Mudras  
w/ Dr. Parth 6:00-7:00pm

**TUES** Belly Dance w/ Inanna  
10:00-11:00am  
Intermediate Tai Chi w/ Charlie  
11:30-12:30pm  
Beginner Tai Chi w/ Charlie  
12:45-1:45pm  
Unleashing the Human Powers w/ Dr. Parth  
2:00-3:00pm  
Self Massage for Pain Management/ Kyle  
6:00-6:45pm

**WED** HeartMath Meditation w/Diane  
10:00-11:00am  
Yoga for Manifestation w/ Dr. Parth  
3:00-4:00pm  
Unleashing the Human Powers w/ Dr. Parth  
4:00-5:00pm  
Restorative Yoga w/ Vickie  
6:00-7:00pm

**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  
Hatha Yoga Sound Healing w/ Nina  
7:00-8:00pm

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

**SAT** Unleashing the Human Powers w/ Dr. Parth  
1:00-2:00pm

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

# MONTHLY CALENDAR / DECEMBER



**THU 02** Wholly Healthwise:  
Finding Fulfillment in Life  
5:30-7:00pm  
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh

**SAT 04** 1st Saturday Yoga on the Lawn  
9:00-10:00am  
FREE community yoga with Dr. Parth Patel.

Garden Workshop w/ Michael  
10:00-11:00am  
FREE community education

BEMER Therapy Drop In Day  
10:00-2:00pm

Candle Making Workshop w/ Olive Drab Farms  
10:00-12:00pm\*

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.

Painting in the Garden  
12:00-2:00pm  
Take a seat in front of a blank canvas, grab your paintbrushes and get ready to let your inner artist shine as Autumn walks you step by step through painting a winter scene\*

OM Holiday Dance Party  
6:00-9:00pm  
Please join us for our first ever holiday shindig! Live Dj, light bites, performances, a world-renowned guest, and lots of fun! Please bring a monetary donation for the Boys and Girls Club.

**THU 09** Free Seminar: Preparing for a New Year of Resetting Goals w/ Diane  
5:30-6:30pm

**FRI 10** Sound Journey w/ Nina Marie  
7:00-8:00pm  
You will be led through a musical journey that can inspire healing, personal growth, and connection.\*

**SAT 11** Guilt Free Party Desserts w/ Dr. Maria & Chef Bradley  
10:30-12:00pm  
Learn how to show off some great dessert recipes that everyone will want the secrets for.\*

**TUE 14** Documentary & Discussion w/ Dr. Maria  
5:30-7:00pm  
Learn how to protect yourselves and loved ones.

**THURS 16** Free Info Session: Organic Skincare and Why Ingredients Matter w/ Patience Pecararo  
4:00-4:45pm  
DIY Face and Bodycare Lotion  
5:00-6:30pm  
Includes all organic ingredients and containers. Choose from either one 16 oz container or two 8 oz containers.\*

**FRI 17** Luna Rising/Winter Solstice  
6:30-9:30pm  
An Empowering Meditation Circle of Friendship, Support, & Love\*

**SAT 18** Garden Workshop w/ Doug  
10:00-11:00am  
FREE community education  
CPR/AED/BSL + First Aid Course  
10:00-2:00pm  
Includes certification card which is valid for 2 years.\*

**FRI 24** Day Before Christmas  
Closed at 1 pm

**SAT 25** Christmas Day  
Closed

**FRI 31** New Years Eve  
Closed at 1 pm



\*Must pre-register. Workshop fees apply.



CONNECT WITH THE WELLCOME OM CENTER

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