

WEEKLY

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

TUES Playful Flow Yoga w/ Bettina
8:30-9:30am
The Nia® Technique w/Gail
10:00-11:00am
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Flow Yoga w/ Melanie
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
Special PopUps (see calendar)
7:00-8:00pm

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

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

MONTHLY CALENDAR / FEBRUARY



THU 01 Zumba Pop Up*
7:00-8:00pm
Free Seminar: Matters of the Heart
5:30-6:30pm
Learn how to harness your mind/body connection with Wellness Coordinator and Life Coach, Diane Friedberg.

SAT 03 Free Garden Education w/ Michael
10:00-11:00pm
How to build your own portable, sub irrigated, raised garden bed
Mom Prom Fundraising for Possability
6:00-9:00pm
This is an opportunity to get all dolled up and have a blast doing so!*

MON 05 Open-Air Meditation w/ Diane
2:00-3:00pm
Release stress, find tranquility, and experience the healing power of meditation in the great outdoors.*

TUES 06 Conscious Conversations w/ Diane
1:00-2:00pm
Week 5: Shaping the Future: Emerging Technologies and Their Impacts

WED 07 Empowered Book Club w/ Diane
11:30-12:30pm
THU 08 Lasting Wellness & Simple Yoga Workshop
5:30-8:00pm
Are you ready to start on a journey to explore your yoga and wellness practice and better understand the relationship between yoga and physical activity, mindful living and weight management? Then this workshop is for you!*

SAT 10 Take Care of Your Heart!
10:30-1:30pm
You're Invited to come Experience Self Healing! Learn about A Cutting-Edge Biotechnology Enterprise offering an Innovative Wellness Solution

MON 12 2024 Tibetan Sacred Arts Tour
2/12-2/17
Experience the sacred traditions of Tibetan Buddhism with the Drepung Gomang Monks, direct disciples of the Dalai Lama. Witness the creation of a stunning sand mandala, attend insightful workshops, and immerse yourself in ancient cultural rituals. Join us in supporting their refugee community in India through this enriching event.
www.welcomeomcenter.com



TUES 13 Conscious Conversations w/ Diane
1:00-2:00pm
Week 6: Humanity in the Digital Age: Balancing Connectivity and Privacy

WED 14 Empowered Book Club w/ Diane
11:30-12:30pm

THU 15 World Peace Meditation w/ Monks
5:30-7:00pm
VIP Tibetan Dinner and Evening Prayers for World Peace.*

SAT 17 Tibetan Cultural Performance
1:00-3:00pm
Experience ancient cultural rituals including the snow lion dance, good luck dance, monk dance, sacred chants, prayers, and monastic debate, bringing authentic Tibetan traditions to life. Family friendly. Open to the Public.

Mandala Dissolution Ceremony
3:00-4:30pm
Includes prayers, chanting, deconstruction of the mandala, and sharing the blessed sand with those in attendance. Musical instruments welcome.

WED 21 Empowered Book Club w/ Diane
11:30-12:30pm

THU 22 Plant Medicine: Finding Your Balance in 2024
11:00-12:00pm
Join Nurse Shannyn as she sets the path for better balance in 2024, with plants as medicine.*

The Resilient Heart: Trauma-Sensitive HeartMath Meditation w/ Diane*
7:00-8:00pm

SAT 24 Get Your Year in Gear
11:00-12:15pm
Join Hypnotherapist & Success Coach, Jayne Arrington as we learn how to stay focused and on track.

THU 29 NIA Celebrates American Heart Month
2:00-3:00pm
We will move and bring awareness to our cardiovascular system with NO jumping or jarring of the joints. Taught by Certified 1st Degree NIA Black Belt Instructor Gail Mongiello.*

Yoga Pop Up w/ Bettina*
7:00-8:00pm



CONNECT WITH THE WELCOME OM CENTER

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

**NEW HOURS!
THE CAFE AT OM**

Mon-Fri 10-5pm
Every Sat 10-2pm

