

February



CONNECT WITH THE WELLCOME OM CENTER
 352.600.4242
 wellcomeomcenter.com
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 info@wellcomeomcenter.com



SAT 01 **Free Garden Education w/ Michael**
 10:00-11:00am
 How to build your own portable, sub irrigated, raised garden bed.

Free Plant Powered Prevention Series
 11:30-12:30pm
 Join Nurses With A Mission for an interactive free discussion on the power of plants, which balance your endocannabinoid system.

Psychic Medium Joseph Lobrutto: Unlocking Your Psychic Abilities*
 1:00-2:30pm
 Assess your psychic strengths, learn to send and receive telepathically, work with psychic color sensing, and learn psychometry.



Psychic Medium Joseph Lobrutto: Learn to Speak to Angels + Spirit Guides*
 3:00-4:30pm
 Through interaction with his own guides, Joseph uses unique and exciting techniques for teaching this class. He will put class participants into a deep trance using hypnosis.

SUN 02 **Psychic Medium Joseph Lobrutto: Past Life Regression + Future Life Progression***



3:00-4:30pm
 Experience a guided past-life regression meditation, which can give you a release from mental or emotional issues of the past and an expanded perspective on your current life. A future life progression takes you forward in time to explore the possibilities that await you so that you can bring back knowledge and answers to questions about your life right now.

MON 03 **New Class: Yoga Basics w/ Helena***

9:00-10:00am
 A beginner yoga class is designed to introduce new practitioners to the fundamentals of yoga in a welcoming and supportive environment.



THU 06 **Astrolotea***
 12:00-1:15pm
 Understanding Jupiter – The Planet of Expansion.

Matters of the Heart: Delving into the Dynamics of Relationships and How to Make Them Work*
 5:30-6:30pm
 Join Life Coach Diane Friedberg for a deep dive into the complexities of human relationships.

FRI 07 **Academia Hernando: Make History Come Alive: Corrie Ten Boom/Florence Nightgale***

TUE 11 **Garden to Glass: DIY Dill Pickles***
 2:00-3:00pm
 Learn the art of pickling delicious dill pickles and take home 3 pints! All supplies included.

THU 13 **Candlelight Concert: Vivaldi's Four Seasons***
 6:00-7:00pm
 Performed by a talented string quartet under the warm glow of candlelight. Tickets: candlelightexperience.com

Candlelight Concert: Coldplay Tribute*
 8:30-9:30pm
 Performed by a talented string quartet under the warm glow of candlelight. Tickets: candlelightexperience.com

FRI 14 **Academia Hernando: Funny Business***
 10:00-12:00pm
 A presentation on the Masters of Stand-Up Comedy!



The Hummus Food Truck
 10:00-2:00pm
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com

Valentine's Day Self-Care Qigong w/ Paula*
 3:00-4:00pm

SAT 15 **Symphony of Serenity w/ Kennedy Oneself***
 2:00-4:00pm
 A profoundly potent symphonic orchestration of acoustic vibration that guides the listener to the inner stillness where lasting peace resides.

MON 17 **Somatic Movement Workshop w/ Janelle***
 11:30-12:30pm
 Discover the power of movement as a tool for healing and self-expression. This workshop explores how the body holds trauma and stress –offering a safe space to release both conscious and unconscious emotions.

THU 20 **Tuning Fork Group Therapy***
 11:30-12:30pm
 In this intimate group setting, Michele will use a sequence of 9 tuning forks, each with its own sound, vibration, and frequency that has a relaxing and healing effect on the body.

Astrolotea*
 12:00-1:15pm
 Understanding Saturn - The Planet of Discipline, Responsibility, and Life Lessons.

Cancer: What It Means and How to Prevent It*
 5:30-6:30pm
 Join Dr. Maria for an informative and empowering seminar on understanding and preventing cancer.



FRI 21 **Academia Hernando: World Heritage Sites in China***
 10:00-12:00pm
 Kun will present a virtual tour of many World Heritage Sites, including several he recently visited.

TUE 25 **Garden to Glass: DIY Bread + Butter Pickles***
 2:00-3:00pm
 Learn the art of pickling delicious bread and butter pickles and take home 3 pints! All supplies included.

FRI 28 **Academia Hernando: The Immune System***
 10:00-12:00pm
 Will We Survive Foreign Invaders?

- facials
- body treatments
- waxing
- brow tinting
- makeup



Nourish your skin with a facial by Gab Rose!



*Must register. Workshop fees apply.



OM Movement Studio Schedule

*Classes subject to change
**Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Yoga Basics Helena <small>NEW</small>		Chair Yoga Helena	Hatha Yoga Darrell		
10:00						Nia® Gail
10:15	Yogalates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve		<p>POP UP CLASSES</p> <ul style="list-style-type: none"> • Fri 2/14: Qigong Valentine's Self-care w/ Paula • Mon 2/17: SomaticMovement Workshop w/ Janelle <p>Please join our Facebook Group "OM Studio Motivation Group" to receive the latest updates.</p>	
12:45		Heart Vibe and Free Flow Diane		Chair Yoga Bettina		
2:15	Chair Yoga Vickie					
3:30			Belly Dance Jayne			
4:00				Goddess Gatherings Diane		
6:00	Hatha Yoga Donna	Latin Dance Carmen	Pilates Donna			
6:30				Restorative Yoga Vickie		

First Class \$5
*New Students

2wk unlimited \$25
*New Students

MEMBERSHIP \$59
Unlimited Classes
(Monthly auto pay)

Pack of 5 - \$60/\$12 per class
Pack of 10 - \$100/\$10 per class
Pack of 15 - \$135/\$9 per class
DROP-IN - \$15

Symphony of Serenity Sound Journey

INNER STILLNESS & LASTING PEACE
LIVE MUSIC AND GUIDED MEDITATION WITH KENNEDY ONESELF

SATURDAY, FEBRUARY 15TH 2PM-4PM

\$30 adv registration/\$35 at the door

