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.

S02 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.

§ 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.

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.

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

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.



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

Academia Hernando: Funny Business* FRI

10:00-12:00pm

A presentation on the Masters of Stand-Up Comedy!



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

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.

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.

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.

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. Garden to Glass: DIY Bread + Butter Pickles*

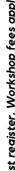
2:00-3:00pm

Learn the art of pickling delicious bread and butter pickles and take home 3 pints! All supplies included.

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

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







OM Movement Studio Schedule

*Classes subject to change **Closed on major holidays

O PEUF							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00	Yoga Basics Helena		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		POP UP CLASSES • Fri 2/14: Qigong Valentine's Selfcare w/ Paula • Mon 2/17: SomaticMovement		
12:45		Heart Vibe and Free Flow Diane		Chair Yoga Bettina			
2:15	Chair Yoga Vickie				Workshop w/ Janelle Please join our Facebook Group		
3:30			Belly Dance Jayne		"OM Studio Motivation Group" to receive the latest updates		
4:00				Goddess Gatherings Diane	free with		
6:00	Hatha Yoga Donna	Latin Dance Carmen	Pilates Donna		SilverSneakers ELITECARE Health Centers		
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, FEBRURAY 15TH 2PM-4PM

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

