

February

CONNECT WITH THE WELLCOME OM CENTER
352.600.4242
wellcomeomcenter.com
4242 Lake in the Woods Dr. Spring Hill, FL
info@wellcomeomcenter.com



- TUE 03** **Canning w/ Jess: Pickled Okra**
2:00-4:00pm, The Cafe
All supplies included, **\$25, Pre-Registration required**
- WED 04** **Academia Hernando: Mancini's Musical Majesty: A Grand Centennial**
10:00-12:00pm, The Venue
Whether writing, arranging, conducting or concertizing, Mancini transformed both small and large screen events, characters and emotions with timeless musical foundation, **\$15**
- THU 05** **AstroloTea w/ Craig**
12:00pm-1:15pm, The Market
Vocation: The 10th House
Whether you are looking for clarity in your profession, career path, or social reputation, this class provides the astrological tools to answer those deep questions of status and purpose, **\$5**
- FRI 06** **Sound Healing w/ Natalia**
6:00pm-7:00pm, The Studio
Let harmonious vibrations calm your mind, release tension, and restore your well-being, **\$25 in advance/ \$30 at the door**
- SAT 07** **Free Garden Education**
10:00-11:00pm, The Garden
DIY Portable Sub-irrigated Raised Bed
Save money and create a self-watering bed
- Laughter is the Best Medicine!**
A Night of Comedy at OM
7:30-9:00pm, The Venue
We are beyond excited to welcome the incredibly talented Frankie Paul to the OM stage! **\$40 includes drink ticket**
- TUE 10** **Valentine's Impressionist Painting Workshop w/ Laura Diehm**
5:30-7:30pm, The Cafe
Follow along expert guidance to create your very own stunning masterpiece on an 11x14 inch canvas, using vibrant acrylics. No prior art experience is necessary – just bring your enthusiasm! **\$30 members / \$35 non-members**
- WED 11** **Academia Hernando: Florida's Fabulous Wildlife-Past & Present**
10:00-12:00pm, The Venue
Learn about exotic Florida creatures and what led to their extinction some 12,000 years ago, **\$15**
- The Hummus Truck**
10:00am-2:00pm, Parking Lot
thehummustruck.com
- THU 12** **Wellness Seminar w/ Dr. Maria**
5:30-6:30pm, The Venue
Join Dr. Maria for an educational talk on one of the root causes of chronic illness: inflammation, **Free**
- SAT 14** **Candlelight Concert: Coldplay x Imagine Dragons**
6:00-7:00pm
Tickets: candlelightexperience.com
- Candlelight Concert: Valentine's Special**
8:30-9:30pm
Tickets: candlelightexperience.com
- TUE 17** **Canning w/ Jess: Pickled Eggs**
2:00-4:00pm, The Cafe
All supplies included, **\$35, Pre-Registration required**
- WED 18** **Academia Hernando: Route 66-The Mother Road**
10:00-12:00pm, The Venue
Though decommissioned decades ago, its legacy lives on through the vibrant stories, songs, and kitschy attractions maintained by those dedicated to celebrating this legendary "Main Street of America" **\$15**
- THU 19** **AstroloTea w/ Craig**
12:00pm-1:15pm, The Market
Who Are My Peeps? The 11th House of Community. We will discuss how to identify what you need from a supportive community and how to find those whose goals and visions align with your personal dreams for a better future, **\$5**
- Loving Kindness Practice in Caregiving: Learning to Open the Heart When Things Fall Apart**
3:00pm-4:00pm, The Market
In this session, we will explore the role of presence and mindfulness in the setting of caring for a loved one living with Alzheimer's disease. Dr. Lyla Yastion will share how a practice of loving kindness can help us transcend loss and find strength, **Free**
- TUE 24** **E-Bike 101: Everything You Need to Know About Electric Bikes**
2:00-3:00pm, Behind The Cafe
Join the experts from Crank Works Bicycles for an engaging educational session. This is one of their most popular presentations, designed to demystify the technology and help you find the joy in assisted cycling, **Free**
- WED 25** **Academia Hernando: Introduction to Commercial Beekeeping and Honey Production**
10:00-12:00pm, The Venue
Matthew will discuss his growth from beekeeping as a hobby to a full-time commercial business. There will be a hands-on demonstration of equipment and basic bee biology, plus tips on becoming a beekeeper. , **\$15**
- The Hummus Truck**
10:00am-2:00pm, Parking Lot
thehummustruck.com
- THU 26** **Don't Be Basic: A Gourmet Hummus Cooking Workshop**
4:00-6:00pm, The Cafe
We will craft and eat four distinct hummus varieties, each representing a season and featuring a signature vegetable of that season plus flatbreads. Light refreshments included, **\$40 members/\$50 non-members**
- SAT 28** **Advanced Foot Reflexology Clinical Practice For Massage Therapists Taught by Caroline Verdi, LMT, ARCB Certified**
9:00-5:00pm, The Cafe
This is an immersive 2 day workshop. You will experience the benefits of reflexology firsthand by working on fellow students and the instructor. This practical approach ensures you walk away with the "muscle memory" needed to succeed, **\$400 + Earn 16 CEUs**
- Emotional Freedom Technique w/ Matt Fox**
2:00-5:00pm, The Market
register at littlespringsyoga.com
Earn 3 CEUs





OM Movement Studio Schedule

*Classes subject to change
**Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Yoga Basics Helena	Tone+Sculpt Donna	Chair Yoga Helena	Hatha Yoga Darrell	Zumba (All Levels) Lindsay	
10:00						Nia® Gail
10:15	Classical Pilates Elaine	Nia® Gail		NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve			
12:45				Sculpt Chair Yoga Helena		
1:00		Chakra Sound Bowls Deb				
3:00	Nia® in the Chair Gail				FEBRUARY POP UP CLASSES Fri 2/20, 5:30 pm: Tai Chi w/ Paula Please join our Facebook Group "OM Studio Motivation Group" to receive the latest updates	
3:30			Belly Dance Jayne			
6:00	Hatha Yoga Donna	Latin Dance Carmen	Basic Yoga Donna	Zumba (All Levels) Lindsay		

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

\$25: 2 weeks unlimited
 *New Students

\$59 MEMBERSHIP
 Unlimited Classes +
 benefits

We accept Silver Sneakers, Silver & Fit, Active + Fit, Prime, Renew Active, EliteCare, and ACTC for FREE unlimited membership. Sign up at the front desk. FYI: you can use your Nation's Benefits Medicare card at WellCome OM.

DON'T BE BASIC!

A Gourmet Hummus Cooking Workshop

with Rani from The Hummus Truck

You know him and love him from The Hummus Truck that parks at WellCome OM every other Wednesday—now, step behind the counter and learn the secrets behind the flavors!

What will we make?

🥕 4 Types of Seasonal Hummus - We will craft four distinct hummus varieties, each representing a season and featuring a signature vegetable of that season.

🍞 Flatbreads from Scratch - You'll learn the art of kneading and cooking delicious, fluffy flatbreads from scratch to pair perfectly with your hummus creations.



Chef Rani

Investment

\$40/\$50

MEMBERS/NON-MEMBERS

Event Details:

📅 Thu, Feb 26th

🕒 4-6pm

📍 The WellCome OM Center

