

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
- 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 / JANUARY



Happy New Year!

- JAN 03** Pilates on the Ball w/ Elaine 
10-11:00am
This class will develop core strength while incorporating yoga-based stretching, balance, and strength work.
- JAN 06** Wholly Healthwise: A Healthy Start from Sunrise to Sunset
5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh
- JAN 08** 1st Saturday Yoga on the Lawn
9:00-10:00am
FREE community yoga with Nina Marie
-  Free Garden Education w/ Michael
10:00-11:00am
Prepping for spring planting
- 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.
- In the Kitchen: Detox + Weight-loss w/ Dr. Maria +Bradley 
10:30-12:00pm
Come join us for some great detoxing recipes including healthy detoxifying salads, soups, and more.*
- JAN 13** Free Seminar: Staying On Track For Those Life-Changing Goals w/ Diane
5:30-6:30pm
- JAN 14** Luna Rising 
7:00-9:00pm
An Empowering Meditation Circle of Friendship, Support, & Love*
- JAN 15** BEMER Therapy Drop In Day
10:00-2:00pm
- Free Parenting Support Group
11:00-12:00pm
Brought to you by HER. 
Family Doula Services.
- JAN 17** MLK DAY
Open 9-5pm
- JAN 18** Integrative Healing Info Session
5:00-6:30pm
Learn all about the natural and holistic services offered at the center by Integrative Healing at OM.
- JAN 20** Ayurveda Seminar
5:30pm
FREE Seminar by Ved Living: Rethinking weight loss - how to realign weight goals with health goals
- JAN 21** Crystals w/ Dominique 
6:30-7:30pm
Learn what crystals to incorporate into your meditations as well as how to meditate with your crystals. Leave with a personalized laminate grid including the crystals covered.*
- JAN 22** Free Info Session: Organic Skincare and Why Ingredients Matter w/ Patience Pecararo
10:00-10:30am
- DIY Face Masks
11:00-12:30pm
Pumpkin, avocado, clay, and honey. Learn how to create a self care routine and ritual for the new year.*
- JAN 29** Creating Visions That Work 
11:00-12:00pm
In this Free Seminar, you will learn how to set attainable goals with vision boards, journaling, mind-mapping techniques, and hypnotherapy.

*Must pre-register. Workshop fees apply.



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242
 @WellComeOMCenter
 wellcomeomcenter.com
 4242 Lake in the Woods Dr. Spring Hill, FL

