

WEEKLY

MON

Yogalates w/ Elaine
10:00-11:00am
Yoga on a Roll w/ Tracy
4:00-5:00pm
Hatha Yoga w/ Donna
6:00-7:00pm

TUES

The Nia® Technique w/Gail
10:00-11:00am
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Flow Yoga w/ Tracy
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
Restorative Yoga w/ Vickie
7:00-8:15pm

FRI

Easy Strengthening Yoga w/ Darrell
10:00-11:00am
Hula Hoop & Dance Flow w/ Janelle
5:00-6:00pm

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

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TUE 02

It's All About You w/ Diane (1 of 4)*
1:00-2:00pm
Your Holistic Wellness Kit

WED 03

Empowered Book Club w/ Diane (7 of 7)
11:30-12:30pm

THU 04

Independence Day
CLOSED

SAT 06

Free Garden Education w/ Michael
10:00-11:00am
This class will be devoted to discussing Plant Propagation Basics: how to multiply your plants exponentially.

TUE 09

It's All About You w/ Diane (2 of 4)*
1:00-2:00pm
Your Holistic Beauty Care & Wellness Techniques.

THU 11

Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott
11:30-12:30pm
(1/8) Intro to wellness and holistic healthcare, increasing mental health, journaling as a tool, the importance of developing rituals. (Market)

Free Seminar: How to Defend and Protect Your Thyroid w/ Dr. Maria
5:30-7:00pm
Join us for an educational seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.

SAT 13

Free Wellness Technology Workshop
10:30-1:30pm (12pm Live Presentation)
Learn about a Cutting-Edge Biotechnology Enterprise offering an Innovative Wellness Solution.

TUE 16

It's All About You w/ Diane 3 of 4)*
1:00-2:00pm
Your Nutritional Profile & Wellness Goals and Recipes

THU 18

Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott
11:30-12:30pm
(2/8) Optimal nutrition, "gut" health, adequate hydration, breathing exercises (Studio)
Sound Healing Meditation w/ Natalia Odorodko*
5:30-6:30pm
Join us for a unique and immersive journey into relaxation and self-discovery.

FRI 19

Full Moon Release w/ Diane*
8:30pm onwards
Inspired by Native American traditions, this gathering will guide you through a powerful process of releasing negative energies and embracing new beginnings.

SAT 20

Free Event: Mom Tribe Meetup
11:00-12:00pm
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together.
Growing Herbs Indoors: A Guide for Novices
12:30-1:30pm
Uncover the secrets to a thriving indoor herb garden.

TUE 16

It's All About You w/ Diane 4 of 4)*
1:00-2:00pm
Your Spiritual Beliefs and Fears

WED 24

Empowered Book Club w/ Diane (1 of 6)
11:30-12:30pm
We are starting *The Prophet* by Khalil Gibran.

THU 25

Living Your Best Life: A Journey to Better Health w/ Nurse Kim Scott
11:30-12:30pm
(3/8) Gentle stretching and toning techniques, improving mental acuity (Studio)
Joy In Motion NIA Technique w/ Gail
2:00-3:00pm
Learn the benefits of Nia (Non-Impact Aerobics) utilizing our safe and healthy moves. This is a mind/body movement practice with no jumping or jarring of the joints.

SAT 27

Baby Massage Workshop w/ Nicole*
11:00-2:00pm
Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.

MON 29

AstroloTea w/ Aly*
11:00-12:00pm
A fun and engaging discussion group where you can sip tea and delve into the world of astrology with Aly!



CONNECT WITH THE WELLCOME OM CENTER

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*Must pre-register. Workshop fees apply.



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