

WEEKLY

MON

Yoga 101 w/ Elaine

10:00-11:00am

This class is designed for beginner to intermediate level students.

Mindful Movement Yoga w/ Vickie

4:00-5:00pm

Expect restorative and yin yoga poses.

TUES

Self Care & Mobility Yoga w/ Kyle

6:00-6:45pm

A 45-minute class dedicated to creating better movement and range of motion to get your muscles functioning better and with less pain.

WED

Restorative Yoga w/Vickie

6:00-7:00pm

Light yoga with soothing lights and sounds where we will do stretching and healing poses to ambient lighting.

THUR

Healing Hatha Yoga w/Darrell

10:00-11:00am

Improve your breath concentration and balance with hatha yoga poses to help you focus, strengthen your foundation and calm your mind.

Teen Talk Sesh

5:30-6:30pm

Get support and acceptance in a safe environment that is free of judgment. Hosted by the Dawn Center. *Teens Only

FRI

Easy Strengthening Yoga w/ Darrell

10:00-11:00am

Focusing on building strength by breathing properly and relaxing into the poses.

SAT

Vitamin Chi: Breathwork w/Dominique

10:00-11:00am

Tap into the power of your breath and mindful intent & generate a state of pure harmony, presence, inner stillness, and bliss.

CONSCIOUS MARKET

HOURS

Mon-Wed 9am-5pm

Thursday 9am-7pm

Friday 9am-5pm

Saturday 10am-2pm (starts 7/10)

Sunday CLOSED

MONTHLY CALENDAR / JULY

THU 01

Flexercising

5:30-6:30pm

Join us for a FREE community education seminar by Dr. Maria on building your core strength.

SAT 03

Garden Workshop w/ Michael

9:00-10:00am

FREE community education

1st Sat Picnic + Plant Swap

10:00-12:00pm

Please bring your lunch and some snacks to share and we will provide the music, refreshments, and crafts to keep the kids entertained.

THU 08

Superfoods to Increase Your Energy

5:30-6:30pm

Please join our FREE Seminar with Diane Friedberg to get important information and recommendations on what you need personally to take to feel stronger and exercise longer.

THU 15

Candle Making Workshop w/ Olive Drab Farms

2:00-4:00pm

You will make and take home one large and two medium candles, two wax melts plus an instruction manual. You will be provided with all of the equipment needed.*

arOMatherapy w/ Dominique

5:30-6:30pm

In this complimentary aromatherapy course learn about the different therapeutic benefits of using your essential oils.

SAT 17

CPR/AED/BSL + First Aid Course

10:00-3:00pm

Includes certification card which is valid for 2 years.*

THU 22

Microcirculation Demo

5:30-6:30pm

Complimentary info session and demonstration.

FRI 23

Luna Rising Women's Circle

6:00-9:00pm

A monthly gathering aligning with the cycles of the moon. We provide a supportive and nurturing environment to assist and guide you in your own personal healing and transformation.*

SAT 24

Conscious Cooking at OM: Sushi 101

11:30-1:30pm

Chef Victor will be showing us the secrets of the proper technique to roll sushi at home you can be proud to serve! Participants will enjoy sushi rolls made during the class.*

SAT 31

Candle Making Workshop w/ Olive Drab Farms

10:00-12:00pm

You will make and take home one large and two medium candles, two wax melts plus an instruction manual. You will be provided with all of the equipment needed.*

**Must pre-register*



CONNECT WITH THE WELLCOME OM CENTER

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