

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
7:00-8:00pm

FRI

- Easy Strengthening Yoga w/ Darrell
10:00-11:00am
- Hula Hoop & Dance Flow w/ Janelle
5:00-6:00pm
(no class 6/21)

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



SAT

- 01** Free Garden Education w/ Michael
10:00-11:00am
This class will be devoted to discussing the best vegetables to grow in the hot Florida summer months and how to maximize your success.

WED

- 05** Empowered Book Club w/ Diane (3 of 7)
11:30-12:30pm

THU

- 06** Free Seminar: Relationships w/ Special Guest Makarand Paranjape
5:30-6:30pm
Discover valuable insights and practical tips to nurture healthy relationships in all aspects of your life with Life Coach, Diane Friedberg.

07

- New Class Launch: Hula Hoop Dance & Flow w/ Janelle
5:00-6:00pm

SAT

- 08** Baby Massage Workshop w/ Nicole
11:15-12:15pm
By learning the art of infant massage, you become empowered as a parent to help support your babies health. Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.*

WED

- 12** Empowered Book Club w/ Diane (4 of 7)
11:30-12:30pm

SAT

- 15** The Art of Manifesting How to Get What You Want
11:00-12:15pm
Join Mind Design, Results Coach & Hypnotherapist, Jayne Arrington as we learn how to use key tools and the power of the mind to manifest the things we want.



- Third Annual Juneteenth Hair & Fashion Gala**
6:00pm-9:00pm
This event offers an opportunity to celebrate black excellence, freedom, culture, and style.* Tickets on Eventbrite

WED

- 19** Empowered Book Club w/ Diane (5 of 7)
11:30-12:30pm



Therapeutic Bodywork by Janelle Now available!

FL Lic. MA90949 Est. Lic. #MM41335



FRI

- 21** Summer Solstice QiGong Pop Up w/ Paula
3:00-4:00pm
This QiGong session will take you through a warm up, stretching into with energy activation, and Fire Element inspired flow destined to boost your immunity.*

The International Day of Yoga Community Fundraiser w/ Donna

- 5:30-7:00pm
A wonderful class themed on the perspective of Humanity with Kindness, Compassion, Love, Grace and Respect. A \$10 donation offering suggested to benefit the Anusara School of Hatha Yoga, a nonprofit, teacher-led global yoga organization*



SAT

- 22** Plant Powered Prevention: Roots of Resilience
11:00-12:00pm
This session will also cover Roots of Resilience. RSVP to save your seat. Event by www.NursesWithAMission.com

Babywearing Dance Fitness: Free Demo Class

- 11:30-12:30pm
Come join us for a fun babywearing dance class where you and your little one will bond and groove to some upbeat music.*



MON

- 24** Greenpoint Thermography
(By Appointment Only)
Non-invasive painless screening that demonstrates thermal patterns that may be indicative of internal dysfunction such as breast cancer. 727-576-0100 to book.*

WED

- 26** Empowered Book Club w/ Diane (6 of 7)
11:30-12:30pm

SAT

- 29** Free Event: Mom Tribe Meetup
11:15-12:15pm
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together. Come enjoy a judgment-free social hour with other parents, all are welcome! The group is recommended for parents of children infant through preschool. Group facilitated by Nicole Dono, LMT.



SCAN QR TO VIEW THE CALENDAR ONLINE/PRINT



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*Must pre-register. Workshop fees apply.

