



CONNECT WITH THE WELLCOME OM CENTER
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WED 03

The Hummus Truck

10:00-2:00pm
Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget!
thehummustruck.com

The Empowered Book Club

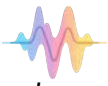
1:00pm, *The Studio* 
A haven for seekers of personal growth, self-discovery, and transformation.
Book: "The Midnight Library" by Matt Haig.
Meets every Wednesday for 8 consecutive weeks. **\$15 a session - Free for members**
book not provided

THU 04

Astrolotea w/ Craig : How To Roll your Own Reading

12:00-1:15pm, *The Market*
Using charts you bring, or those of the AstroloTea itself, we'll learn to unpack the Sun, Moon, and Ascendant. **\$5**

Sound Healing w/ Natalia

6:00-7:15pm, *The Venue* 
Let harmonious vibrations calm your mind, release tension, and restore your well-being, **\$30 in advance/ \$35 at the door**


SAT 06

Garden Education w/ Michael

10:00-11:00am
Beat the Heat and Grow Something to Eat! Best vegetables to grow in the Florida summer. **Free**


SUN 07

OM Grown Farmer's Market

10:00am-2:00pm, *The Venue + Lawn* 
Shop from talented local makers with your neighbors. Beat the heat, this will be indoors in the Venue at OM and outdoors on the lawn. **Free**


MON 08

'ZenDoodle' Art Class with Susan Bittner

2:00-4:00pm, *The Cafe*
ZenDoodle is an easy-to-learn, relaxing, and meditative art form. This class will be in black and white. No experience needed! All materials included. **Sign up required. \$25** 

THU 11

Skin Deep Health: The Secrets Your Largest Organ Reveals

5:30-6:30pm, *The Venue*
Join Dr. Maria Scunziano-Singh, MD, NMD, DipABLM, for a comprehensive and inspiring free lecture focused on how internal wellness, nutrition, and gut health are reflected in skin conditions like eczema, acne, and aging. **Free** 


SAT 13

Emotional Freedoms Techniques + Yoga Philosophy

10:00-1:00pm, *The Market* 
Katherine of Little Springs Yoga will present a short talk on Emotional Freedoms Techniques, a "tapping" intervention for rapid relief of negative emotions. littlespringseyoga.com

TUE 16

Studio Pop-Up Gentle Flow Yoga Class with Lauren

3:00-4:00pm, *The Studio* 
A peaceful blend of mindful movement, intentional breathwork, and gentle stretching to help you reconnect with your body and calm the mind. All levels welcome! **\$15, Free for members**

WED 17

The Hummus Truck

10:00-2:00pm
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FRI 19

JuneTeenth!


SUN 21

HAPPY Father's DAY




TUES 23

Garden to Glass - Pickled Veggie Delight

2:00-4:00pm, *The Cafe* 
We'll be pickling the ultimate garnish set for your snack plate. Celery, Carrots, and Green beans. **\$35 Registration required.**


WED 24

Studio Pop-Up Beginner QiGong with Paula


10:15-11:15, *The Studio* 
Ever wanted to try Qigong but are too worried about being the newbie? This class is for you! **\$15 drop in, free for members**

THU 25

Astrolotea w/ Craig : Q & A

12:00-1:15pm, *The Market* 
All Questions Astrological answered. Bring your chart, your curiosity, and your desire to know more. **\$5**


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** 

Invest in Your Mouth the Right Way

4:30-5:15pm, *The Venue*
Join Dr. Maria Scunziano-Singh, MD, NMD, DipABLM, for a comprehensive and inspiring free lecture focused on your oral microbiome and how your choices with oral care can make or break your health. **Free**

The Amazing Vedas + Sacred Poetry

5:30-6:45pm, *The Venue* 
Join Dr. Pariksith Singh for another enlightening installment of our ongoing series, The Amazing Vedas, where we bridge ancient scripture with soulful modern reflection. This evening combines deep Vedic wisdom with the transformative power of sacred poetry, **Free**

TUES 30

Mushroom Magic

11:00am *The Cafe at OM*
Join us in the WellCome OM Cafe for a fascinating and delicious hour dedicated to the incredible world of fungi. This workshop combines the essential facts about mushrooms as food, medicine, and garden helpers! **\$25** 



OM Movement Studio Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45						Cardio Drumming Amy
9:00	Yoga Basics Helena	Tone + Sculpt Betzy	Chair Yoga Helena	Hatha Yoga Darrell	Zumba Betzy	
10:00						Nia® Gail
10:15	Classical Pilates Elaine	Nia® Gail	Beginner Tai Chi (1 st 3 Weeks) Steve	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30	Zumba+Lift Betzy	Tai Chi Paula	Tai Chi Steve			
12:45				Sculpt Chair Yoga Helena		
1:00		Sound Bowl Journey Deb	Book Club Diane		*Classes subject to change *Closed on major holidays Join our Movement Studio Facebook group or download the MindBody app for the latest updates.	
3:00	Nia® in the Chair Gail					
3:30			Belly Dance Jayne			
6:00	Yin Yoga Lauren	Cardio Drumming Amy		Tone + Sculpt Betzy	Cardio Drumming Amy	
6:30			Restorative Yoga Vickie			

- DROP-IN - \$15
- 2 Weeks Unlimited \$25 (New Student offer)
- Pack of 5 - \$60/\$12 per class
- Pack of 10 - \$100/\$10 per class
- Pack of 15 - \$135/\$9 per class
- Unlimited Classes \$59 (Membership with Autopay)

ATTEND CLASSES FREE WITH:



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FOR HEALTH AND WELLNESS



Integrative Healing at Om is now a provider for CareCredit!
To find out more, call Mary with Integrative Healing at 352-254-8090