

WEEKLY

MON

Yogalates w/ Elaine
(1st Mon of the month on the ball)
10:00-11:00am

Mindful Movement Yoga w/ Vickie
4:00-5:00pm

Yoga Flow & Meditation w/ Donna
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

Slow Flow Yoga w/ Tracy
6:30-7:30pm

WED

HeartMath Meditation w/Diane
10:00-11:00am

Yoga Flow & Meditation w/ Donna
4:00-5:00pm

Restorative Yoga w/ Vickie
6:00-7:00pm

*BYOB (Bring Your Own Blanket)

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

Dawn Center Teen Talk
5:30-6:30pm (Teens Only)

Hatha Yoga Sound Healing w/ Nina
7:00-8:00pm

FRI

Easy Strengthening Yoga w/ Darrell
10:00-11:00am

SAT

Zumba Express w/ Donna
9:00- 9:45am

High Intensity Tabata w/ Tracy
10:00-11:00am

**CONSCIOUS MARKET
HOURS**

Mon-Wed 9am-5pm
Thursday 9am-7pm
Friday 9am-5pm
Saturday 10am-2pm
Sunday CLOSED

MONTHLY CALENDAR / JUNE



THU 02

Wholly Healthwise w/ Dr. Maria:
You and Your Pet 

5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh w/ special guest Dr. Trish from "The Healing Place Your Holistic Veterinarian" in Crystal River, FL.

SAT 04

Free Garden Education w/ Michael

10:00-11:00am
Spring Has Sprung: Getting the most out of your growing season

Plant Party

11:00-12:00pm
Please bring your lunch and some snacks to share and we will provide the music, refreshments, plants for sale, and crafts to keep the kids entertained.

WED 15

Free Garden Education w/ Doug

10:00-11:00am
The ART of Irrigation: Variables to success, heat, humidity, time of day, soil type, mulch/no mulch, amount of water, distribution, and of course plant and its location.

THU 16

Ayurveda Health Seminar

5:30-6:30pm
Join us for a free wellness seminar with Ved Living!
Topic: Handling Summer Heat: Maintain your energy and strength.

SAT 18

Juneteenth Hair & Fashion Gala

7:00-10:00pm
Runway show, live performances, food, vendors, and more. For tickets visit tarajibraidstudio.com *

TUES 21

Cancer Support Program

2:00-4:00pm
Support Program for people, families & caregivers affected by Cancer. In partnership with Advance Cancer Treatment Centers. Volunteers Needed.

FRI 24

Luna Rising Women's Circle

7:00-9:30pm
An Empowering Meditation Circle of Friendship, Support, & Love. Summer Solstice Crystal Grid.

SAT 25

Free Workshop: How to Get What You Want

11:00-12:15pm
Learn about mental habits that keep you from realizing your dreams by Certified Hypnotherapist, Jayne Arrington

Future of Wellness Technology Info Session & Demo

12:30-2:00pm
Learn how you can activate the Universe's natural bio-resonance within you and elevate your body's energy and performance in just 15 minutes a day!

WED 29

Gardner Audiology Hearing Health Event 

11:00am-1:00pm
Come meet doctors who are dedicated to improving people's lives with the best possible hearing through compassion, innovation, and expertise in all aspects of hearing healthcare. Free hearing tests and Audiologists will have video otoscopes to show attendees the health of their eardrum.

*Must pre-register. Workshop fees apply.



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