

WEEKLY

MON

- Yogalates w/ Elaine
(1st Mon of the month on the ball)
10:00-11:00am
- Martial Arts Movement w/ Charlie
11:30-12:30pm
- Mindful Movement Yoga w/ Vickie
4:00-5:00pm
- Yoga Flow & Meditation w/ Donna
6:00-7:00pm

TUES

- Zumba® w/ Donna
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
6:00-7:00pm

WED

- HeartMath Meditation w/Diane
10:00-11:00am
- Tribal Belly Dance w/ Jayne
3:30-4:30pm
- Restorative Yoga w/ Vickie
6:00-7:00pm

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
- Pilates w/ Donna
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

BYOB (Bring your own blanket)

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

MONTHLY CALENDAR / MARCH



THU 02

Wholly Healthwise: Clean-up Time - Detoxing & Fasting



5:30-7:00pm
 Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.

FRI 03

Synergy of Sound w/ Kasia + Alana



7:00-8:15pm
 Enjoy a sensory experience of sounds, sights, and scents of essential oils as you are guided through calming visual imagery to release past blockages and restore the flow of your heart's spiritual energy.*

SAT 04

Mermaid 'Ila' Unveiling



10:00am
 Celebrating 75 years of 'Mermaids and Magic', The Mermaid Tale Trail is comprised of 27 mermaid statues hidden throughout Hernando County. Join us as we unveil and welcome our newest OM member painted by local artist, Roxanne Marie Campbell!

Free Garden Education w/ Michael

10:00-11:00am
 Looking to try gardening at home, but don't want to invest a lot of money initially? This class will teach you how to build your very own portable raised garden bed that is also self-watering.

Manifesting Collective Workshop

10:30-12:30pm
 Hypnotherapist and Success Coach Jayne Arrington, helps you manifest your desires, stay focused and on track, all in a supportive environment with like minded people.*

Plant Party in the Garden

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

THU 09

Spring Cleaning for the Body, Mind, & Spirit

5:30-7:00pm
 Join us for a free discussion by Diane for cleaning up your body and putting a little "Spring" in your step!

FRI 10

Care 4 Caregivers



2:00-4:00pm
 Support Meetings focus on: spiritual, emotional, mental, and physical balance.

SUN 12

Daylight Savings Time



Move ahead one hour

FRI 17

St Patrick's Day Yoga on the GREEN w/ Donna



6:00-7:00pm
 Bring on the Shenanigans! Wear your green or just enjoy the green! Come find out if you have the "Luck of the Irish" by participating in our special prize drawing! \$15 drop in/FREE for members

SAT 18

Manifesting Collective Workshop

10:30-12:30pm
 Hypnotherapist and Success Coach Jayne Arrington, helps you manifest your desires, stay focused and on track, all in a supportive environment with like minded people.*

MON 20

Greenpoint Thermography



By Appointment Only

SAT 25

OPEN HOUSE: Centropix Wellness

11:00-3:00pm
 Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center



THE HERNANDO SUN NEWSPAPER

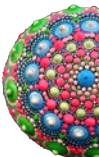
Hernando Sun's 8th Anniversary Celebration

12:00-3:00pm
 The Hernando Sun is a locally owned weekly newspaper. The founders are Rocco and Julie Maglio. You're invited to join in celebrating their 8th anniversary in print! For more details email: editor@hernandosun.com

THUR 30

Mandala Art Workshop

5:00-7:00pm
 Join Us for an Introductory Mandala Rock Art Workshop Guided by Cara Sharich.*



CONNECT WITH THE WELLCOME OM CENTER

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*Must pre-register. Workshop fees apply.

