

# March



CONNECT WITH THE WELLCOME OM CENTER  
 352.600.4242  
[wellcomeomcenter.com](http://wellcomeomcenter.com)  
 4242 Lake in the Woods Dr. Spring Hill, FL  
[info@wellcomeomcenter.com](mailto:info@wellcomeomcenter.com)



**SAT 01** **Garden Education w/ Michael - Free**  
 10:00-11:00am  
 This class will discuss which vegetables are best to grow in our area in the early spring in zone 9.

**Solar Gazing Meetup - Free**

11:00-2:00pm  
 Join the Nature Coast Amateur Astronomers Club as we enter the peak of the solar max cycle. All are welcome! Equipment setup begins at 10:30.

**WED 05** **The Hummus Food Truck**  
 10:00-2:00pm  
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! [thehummustruck.com](http://thehummustruck.com)

**THU 06** **Astrolotea w/ Craig\***  
 12:00-1:15pm  
 Uranus - The Awakener. The planet that symbolizes innovation, rebellion, sudden change, and individuality. **\$5**

**Self-Care Routines in the Holistic Way: Choosing the Healthy Beauty Habits of the European Spas\***

5:30-6:30pm  
 Join Life Coach Diane Friedberg to learn how to incorporate simple yet effective practices into your daily life to promote overall well-being. **\$5**

**FRI 07** **Sound Healing w/ Natalia\***  
 6:00-7:00pm  
 A guided sound journey with soothing tones of crystal bowls, Tibetan singing bowls, gong and other therapeutic instruments. **Adv \$25/Door \$30**



**TUE 11** **Garden to Glass: DIY Pickled Veggies\***  
 2:00-3:00pm  
 Learn the art of pickling delicious garden fresh veggies and take home 3 pints! All supplies included. **Registration required. \$25**

**Learn the Benefits of Vitamin IV Therapy + Chelation Detox w/ Dr. Maria - Free**

4:00-4:45pm  
 Dr. Maria will discuss the science behind these therapies, address common questions, and explain how they can support your health goals.

**WED 12** **Empower Book Club (1of6)\***  
 11:30-12:30pm  
 We are going to delve into the book, Journey of Souls by Michael Newton. Copies available in the Market! **\$30**

**THU 13** **Cancer Treatments Info Session\***  
 5:30-6:30pm  
 Join Dr. Maria for an informative session on understanding cancer treatments. **\$10**

**FRI 14** **Full Moon Manifestation\***  
 7:00-9:00pm  
 This unique ceremony, inspired by Native American traditions, will guide you through a powerful process of embracing fresh beginnings. **\$10**



**SAT 15** **Plant Powered Prevention Series - Free**  
 11:30-12:30pm  
 Join Nurses With A Mission for an interactive free discussion on the power of plants, which balance your endocannabinoid system.

**SUN 16** **Matt Venuti: An Immersive Musical Journey\***  
 4:30-6:00pm  
 Experience "AmeriCosmos," an inspiring and immersive live music and visual voyage through the heart of nature, the depths of sound, and the vastness of space. **Adv \$30/Door \$35**

**MON 17** **ST. PATRICK'S DAY**  


**THU 20** **Astrolotea w/ Craig\***  
 12:00-1:15pm  
 Neptune - The Cosmic Dreamer  
 Where do I find inspiration? How can I be more spiritual? What's my natural vulnerability to deception? All these questions are the domain of the astrological planet Neptune – the gateway of consciousness. **\$5**

**FRI 21** **Improv Comedy Show featuring SUIT IMPROV!\***  
 8:00-10:00pm  
 Their quick-witted performances, hilarious games, and unforgettable musical numbers will have you rolling in the aisles! **Adv \$20/Door \$30**

**Spring Equinox QiGong w/ Paula\***

3:00-4:00pm  
 Experience the balance between Yin and Yang as we welcome the arrival of Spring. **Free for members/\$15 non members**

**SAT 22** **Build Your Dream Skin Care Routine - Free**  
 11:00-12:00pm  
 Join our licensed esthetician for a workshop where we'll guide you through creating a personalized holistic skincare routine using the luxurious and effective products from FarmHouse Fresh.

**MON 24** **Learn the Music, Movement & Magic of Nia**  
 11:30-12:30pm  
 Free informational session and fitness demo with Gail who will share The Joy of Movement using elements of Dance Arts, Martial Arts, and Healing Arts

**TUE 25** **Garden to Glass: DIY Preserved Fruit\***  
 2:00-3:00pm  
 Learn the art of preserving delicious garden fresh fruit and take home 3 pints! All supplies included. **Registration required. \$25**

**WED 26** **The Hummus Food Truck**  
 10:00-2:00pm  
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! [thehummustruck.com](http://thehummustruck.com)



**Roots Revealed: Ancestry Discoveries - Free**

1:00-2:00pm  
 A lively discussion group where genealogy enthusiasts share surprising family history finds, uncover long-lost connections, and explore the mysteries of their heritage. With Annette L Becklund, MSW.

**FRI 28** **Breath is Life – A Pop-Up Workshop\***  
 5:00-7:00pm  
 Join us for a transformative evening of breath and movement with Craig and Donna as they share simple yet powerful practices to enhance your health, energy, and self-awareness. **\$25 for members/\$35 non members**

\*Must register. Workshop fees apply.



# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Yoga Basics Helena		Chair Yoga Helena	Hatha Yoga Darrell		
10:00						Nia® Gail
10:15	Yogalates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve		<b>POP UP CLASSES</b> <ul style="list-style-type: none"> <li>3/21 @ 3pm: Spring Equinox QiGong w/ Paula</li> <li>3/24 @ 11:30am: Learn the Music, Movement &amp; Magic of Nia</li> <li>3/28 @ 5pm: Breath is Life – A Pop-Up Workshop*</li> </ul> Please join our Facebook Group "OM Studio Motivation Group" to receive the latest updates	
12:45		Heart Vibe and Free Flow Diane		Chair Yoga Bettina		
2:15	Chair Yoga Vickie					
3:30			Belly Dance Jayne			
4:00				Goddess Gatherings Diane		
6:00	Hatha Yoga Donna	Latin Dance Carmen	Pilates Donna			
6:30				Restorative Yoga Vickie		

First Class \$5  
\*New Students

2wk unlimited \$25  
\*New Students

MEMBERSHIP \$59  
Unlimited Classes  
(Monthly auto pay)

Pack of 5 - \$60/\$12 per class  
Pack of 10 - \$100/\$10 per class  
Pack of 15 - \$135/\$9 per class  
DROP-IN - \$15

**We accept Silver Sneakers, Prime, and EliteCare**

## LEARN THE BENEFITS OF VITAMIN IV + CHELATION DETOX WITH DR. MARIA

Tuesday, March 11th from 4-4:45 PM  
in the AuratoriOM at WellCome OM

📍 4260 Lake in the Woods Dr. Spring Hill



This seminar is free and open to the public