

# WEEKLY

**MON**

Yogalates w/ Elaine  
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

**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 / MAY



**MON 07**

Pilates on the Ball w/ Elaine  
10:00-11:00am  
This class will develop core strength while incorporating yoga-based stretching, balance, and strength work. \*

**THU 05**

Wholly Healthwise: On Sun and Water: How Much Do We Need of Each?  
5:30-7:00pm  
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh

**SAT 07**

1st Saturday Yoga on the Lawn  
9:00-10:00am  
FREE community yoga with Tracy

**BEMER Therapy Drop In Day**

10:00-2:00pm  
Discover this cutting edge technology from Germany that increases blood flow and oxygen by 30% in just one session.



**Free Garden Education w/ Michael**

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

**1st Sat Picnic + Plant Swap**

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



**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.\*

**TUE 10**

**Nurses Appreciation Night**  
6:00-8:00pm  
Open to all nurses, in collaboration with Pinnacle Health Care and Forest Oaks of Spring Hill Assisted Living



\*Must pre-register. Workshop fees apply.



**CONNECT WITH THE WELLCOME OM CENTER**

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**THU 12**

**Free Seminar: Preparing for Summer Fun w/ Diane**  
5:30-6:30pm  
Healthy products for skin, hair, and pest resistance.

**SAT 14**

**Free Parenting Support Group**  
11:00-12:00pm  
Open discussion and parenting Q&A

**TUES 17**

**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.

**THU 19**

**Ayurveda Health Seminar**  
5:30pm-6:30pm  
FREE Seminar by Ved Living: Overcoming Food Cravings. Discover steps you can take to address health issues, let go of unresolved emotions, and improve your relationship with food.

**SAT 21**

**Free Workshop: Stop Procrastinating!**  
5:30-6:45pm  
Overcome procrastination, stay motivated and focused by Certified Hypnotherapist, Jayne Arrington



**FRI 27**

**Luna Rising Women's Circle**  
7:00-9:30pm  
An Empowering Meditation Circle of Friendship, Support, & Love. New moon manifestation and crystal grid.\*

**MON 30**

**Memorial Day**  
CLOSED

