

# 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\***  
2:00-3:00pm

**Yoga Flow & Meditation w/ Donna**  
6:00-7:00pm

**TUES**

**Nia<sup>®</sup> Non-Impact-Aerobics w/Gail**  
10:00-11:00am

**Tai Chi w/ Charlie**  
11:30-12:30pm

**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

**Tai Chi w/ Charlie**  
11:30-12:30pm

**Pilates w/ Donna**  
7:00-8:00pm

**FRI**

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

**SAT**

**Cardio Dance w/ Tracy**  
9:00- 9:45am

**Nia<sup>®</sup> Non-Impact-Aerobics w/Gail**  
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 / MAY



**THU 04**

**Wholly Healthwise: Preventing Inflammation**

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



**SAT 05**

**Free Garden Education w/ Michael**

10:00-11:00am  
This class will focus on making your own organic potting soil and saving money while doing so.

**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!



**How to Interpret Your Dreams Workshop**

11:00-1:00pm  
Create a dream journal, understand your motivations, interpret dream symbols, gain tools to analyze your dreams, and understand the seven types of dreams.\*

**THU 11**

**Free Workshop: Flower Power! Be a Flower Child and Celebrate Mother Nature!**

5:30-7:00pm  
Join Diane at the WellCome Om Center's peaceful meditation path for an Enhanced Meditation in Nature. Please wear comfortable clothes & walking shoes and bring your yoga mat.



**SAT 13**

**Believe You Are Good Enough! How to Build Powerful, Unshakeable Confidence**

11:00-12:15pm  
Take away key tools to help create higher levels of confidence with Jayne Arrington, CHT (Certified Hypnotherapist) and an NLP (Neuro Linguistic Programming practitioner).

**SUN 14**

**Happy Mother's Day**

**MON 15**

**Greenpoint Thermography (By Appointment Only)**

**WED 17**

**Pop Up Class: Intro to Mat Pilates w/ Elaine**

8:45-9:45am  
Mat Pilates is a form of low-impact exercise that aims to strengthen core muscles while improving postural alignment and flexibility. This class is beginner friendly and will cover the fundamentals of Pilates and follow an order that helps you become acquainted with activating your deep muscles.\*

**SAT 20**

**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.\*



**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.\*

**THU 25**

**Community Wellness Program**

5:30-7:30pm  
Please join us for our monthly workshop/support program for anyone undergoing chronic illness or providing care for someone. Dr. Maria will give a presentation on nutrition for better health and there will be break off sessions to share experiences and solutions/resources.



**SAT 27**

**OPEN HOUSE: Centropix Wellness**

11:00-2:00pm  
Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center



**CONNECT WITH THE WELLCOME OM CENTER**

352.600.4242

wellcomeomcenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

\*Must pre-register. Workshop fees apply.

