

# WEEKLY



**MON**

Intermediate Pilates w/ Elaine  
10:00-11:00am

Latin Rythmn Exercise w/ Natalie **NEW**  
11:30-12:30pm

Yoga on a Roll w/ Tracy **NEW**  
4:00-5:00pm

Hatha Yoga w/ Donna  
6:00-7:00pm

**TUES**

The Nia® Technique w/Gail  
10:00-11:00am

Tai Chi & Qi Gong w/ Paula  
11:30-12:30pm

Flow Yoga w/ Tracy  
6:00-7:00pm

**WED**

Chair Yoga w/ Bettina  
8:30-9:30am

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

Tai Chi w/ Steve  
11:30-12:30pm

Belly Dance w/ Jayne  
3:30-4:30pm

Pilates w/ Donna  
6:00-7:00pm

**THUR**

Healing Hatha Yoga w/Darrell  
10:00-11:00am

Creative Movement w/ Natalie **NEW**  
11:30-12:30pm

Restorative Yoga w/ Vickie  
7:00-8:00pm

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

**SAT** The Nia® Technique w/Gail  
10:00-11:00am

**CONSCIOUS MARKET HOURS**

Mon-Wed 9am-5pm

Thursday 9am-7pm

Friday 9am-5pm

Saturday 10am-2pm

Sunday CLOSED

**THU 02** Free Seminar: Microbiome Update for Better Health Now w/ Dr. Maria  
5:30-7:00pm

Join us for an educational seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.

**New Class Launch: Creative Movement w/ Natalie**  
11:30-12:30pm



**SAT 04** Free Garden Education w/ Michael  
10:00-11:00am

Save money by learning how to make your own potting soil!

**Derby Day Brunch Fundraiser**  
10:00-12:00pm

With heart-pounding horse races, delicious food and drinks, and a lively atmosphere, this fundraiser event is not to be missed. Event by The Starfish Foundation Inc. \*

**Yoga for Cancer Care w/ Tracy Reed**  
12:30-1:30pm

You're invited to a special yoga class designed specifically for the physical and emotional well-being of cancer patients and survivors.\*

**MON 06** New Class Launch: Latin Rythmn Exercise w/ Natalie  
11:30-12:30pm

**New Class Launch: Yoga on a Roll w/ Tracy Reed**  
4:00-5:00pm

**THU 09** Sound Healing Meditation w/ Natalia Odorodko  
5:30-6:30pm

Join us for a unique and immersive journey into relaxation and self-discovery. During the workshop, participants will be guided with soothing tones of crystal bowls, Tibetan singing bowls, gong and other therapeutic instruments.\*



**SAT 11** Blossoming Beauty from Within  
11:00-12:00pm

Uncover beauty enhancing properties of plants for skin, hair, and internal wellness. Event by [www.NursesWithAMission.com](http://www.NursesWithAMission.com)

**Babywearing Dance Fitness: Free Demo Class**  
11:30-12:30pm

Come join us for a fun babywearing dance class where you and your little one will bond and groove to some upbeat music.

**SAT 11** Free Event: Transforming Stress & Anxiety  
12:30-4:30pm

Join us for an afternoon filled with valuable tools, techniques, and general information to help combat the many stressors we all have in everyday life. Our host speakers, Jayne Arrington, CHT, and Dr. Maria, will share some of the latest findings in research pertaining to the rising, epidemic numbers of stress-related illnesses. You will discover practical tips and tools that directly address and relate to some of the root causes and habits of extreme stress. You will take away knowledge with practical solutions for alleviating this debilitating state of disease in your life, and for those you love.

**SUN 12** Mother's Day



**WED 15** Empowered Book Club w/ Diane  
11:30-12:30pm

A haven for seekers of personal growth, self-discovery, and transformation. In this enriching literary journey, we delve into a curated selection of empowering books that ignite the flames of self-awareness, resilience, and inner strength.

**SAT 18** Free Wellness Technology Workshop  
10:30-1:30pm (12:00pm Live Presentation)

You're invited to come Experience Self Healing! Learn about a Cutting-Edge Biotechnology Enterprise offering an Innovative Wellness Solution.

**Dr. Cannabis: Free Spring Canna Health Festival**  
12:00-6:00pm

Join us for a day of education, inspiration, and community as we explore the latest trends in cannabis health and wellness. [www.DrCannabisClinic.com](http://www.DrCannabisClinic.com)

**MON 20** Greenpoint Thermography  
(By Appointment Only)

Non-invasive painless screening that demonstrates thermal patterns that may be indicative of internal dysfunction such as breast cancer. 727-576-0100 to book.

**WED 22** Empowered Book Club w/ Diane (2 of 7)  
11:30-12:30pm

**THU 23** Hernando Sun Reader's Choice Awards  
6:00-9:00pm

Join us at the Hernando Sun Newspaper Reader's Choice Awards, a celebration of community favorites and outstanding achievements. [HernandoSun.com](http://HernandoSun.com) \*

**MON 27** Memorial Day  
Campus Closed



## CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

[wellcomeomcenter.com](http://wellcomeomcenter.com)

4242 Lake in the Woods Dr. Spring Hill, FL

\*Must pre-register. Workshop fees apply.

