




May


CONNECT WITH THE WELLCOME OM CENTER
 352.600.4242
wellcomecenter.com
 4242 Lake in the Woods Dr. Spring Hill, FL
info@wellcomecenter.com




- THU 01** **Astrolotea w/ Craig**
 12:00-1:15pm
 A talk with a master astrologer on Understanding Pluto – The Planet of Transformation and Power, \$5
Lifestyle Changes for Summer
 5:30-6:30pm
 Join Diane Friendberg for a workshop on optimizing your lifestyle for the summer season. Learn how to make simple changes to your diet, exercise routine, and skincare regimen to feel your best. \$5
- FRI 02** **Sound Healing Meditation w/ Natalia**
 6:00-7:00pm
 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. **\$25/\$30 at the door**
- SAT 03** **Garden Education w/ Michael**
 10:00-11:00am
 Make Your Own Potting Soil and Save Huge! Potting or container soil is one of the largest expenses of having your own backyard garden. This mix can be used for pots, containers, small raised beds, and even as a seedling mix!
DIY Mother's Day Mandala Painting Workshop
 11:30-2:30pm
 Learn the fundamental techniques of dot painting, color theory, and creating symmetrical patterns that radiate peace and harmony. You will walk away with a beautiful creation. No prior art experience is necessary! All supplies included, **\$40**
- TUES 06** **Garden to Glass: Dilly Beans**
 2:00-3:00pm
 Learn the art of fermenting greenbeans! All supplies included, **\$25. Registration required. Cut off date 5/5.**
- WED 07** **New Class Launch: ZUMBA**
 5:15-6:00pm
 Get ready to sweat, smile, and groove your way to fitness in Cody's energetic new Zumba class! **Members free, new to the studio \$5, walk-ins \$15**
- THU 08** **The Hummus Truck**
 10:00-2:00pm
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com
- SAT 10** **Family Yoga with Bettina: Breathe, Bond, & Bloom!**
 12:30-1:30pm
 Join Bettina for a fun and engaging hour of Family Yoga designed for children ages 6 to 12 and their parent/guardian! **\$10 per child (Parents/guardians participate for free!)**
- WED 14** **Empower Book Club (1of8)**
 11:30-12:30pm
 We are going to delve into the book, *Outrageous Openness* by Tosha Silver. Copies available in the Market! **\$30**

- 
- THU 15** **Astrolotea w/ Craig**
 12:00-1:15pm
 A talk with a master astrologer on the Soul, Karma and Dharma - The Nodes of the Moon, \$5
Goddess Gatherings w/ Special Guest
 4:00-5:00pm
 Join Diane's class for a unique and empowering session featuring a special guest speaker! This gathering will offer a powerful blend of feminine energy and insightful guidance as our guest, Shannon, a skilled medium specializing in animal communication and kinesiology, shares their gifts. **Members free, new to the studio \$5, walk-ins \$15**
Getting to the Heart of What Food Really Means
 5:30-6:30pm
 Join Dr. Maria for an enlightening exploration of the relationship between food and well-being. This workshop will delve into the yin and yang of food, exploring the balance between nourishing and indulgent eating, **\$10**

- 
- TUES 20** **Garden to Glass: Beets**
 2:00-3:00pm
 Learn the art of fermenting beets! All supplies included, **\$25. Registration required. Cut off date 5/19.**
- WED 21** **The Hummus Truck**
 10:00-2:00pm
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com

- 
- THU 22** **Spring into Skin Care w/ Licensed Esthetician, Gab Rose!**
 11:30-12:30pm
 Join us for an informative session with Gab Rose, featuring the beloved Farm House Fresh line. Learn about effective body treatment routines for various concerns. and find the perfect products to achieve a radiant, healthy glow this summer.

- 
- SUN 25** **Gemini New Moon Cacao Ceremony & Sound Bath**
 5:55-7:30pm approximately
 Join Christina under the nurturing energy of the Gemini New Moon for a transformative Ceremony. Immerse yourself in a sacred space designed to ground your spirit, awaken your senses, and cultivate the fertile soil of your intentions. We will guide you through a journey of: intention setting, breath work, meditation, journaling, manifesting, community support and more. This is an opportunity to connect with others in a new way and reconnect with ancient parts of ourselves that remember the simple power of gathering together in community. **\$33. Registration Required. Limited to 10 people.**

Spiritually, May is often seen as a time of renewal, growth, and the blossoming of life, mirroring the vibrant energy of spring in the Northern Hemisphere.





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			
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		
5:15			Zumba Cody NEW			
6:00	Hatha Yoga Donna	Latin Dance Carmen	Pilates Donna			
6:30				Restorative Yoga Vickie		

POP UP CLASSES

Thu May 1, 10:15am: Dance, Tone + Sculpt
 Tues May 6, 10:15am: Dance, Tone + Sculpt
 Thu May 8, 10:15am: Dance, Tone + Sculpt
 Tue May 13, 10:15am: Dance, Tone + Sculpt

Please join our Facebook Group "OM Studio Motivation Group" to receive the latest updates



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

WellCome OM Center

FAMILY YOGA

with Bettina Fegan

Breathe, Bond, & Bloom



May 10th, 12:30-1:30 PM!



HELP US IMPROVE!

TELL US WHAT YOU THINK
TELL US WHAT YOU THINK

WE HAVE COMMENT CARDS IN THE
WAITING AREA IN THE MARKET
AND IN THE YOGA STUDIO

YOUR FEEDBACK IS MUCH
APPRECIATED!

