

# 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  
4:00-5:00pm

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

**TUES**

Zumba® w/ Donna  
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

Heart & Hip Opening Flow w/ Jordan  
11:30-12:30pm

Restorative Yoga w/ Vickie  
6:00-7:00pm  
\*BYOB (Bring Your Own Blanket)

**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

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

Dawn Center Teen Talk  
5:30-6:30pm (Teens Only)

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

**FRI**

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

Breathe & Restore w/ Jordan  
11:30-12:30pm

**SAT**

Zumba® Express w/ Donna  
9:00- 9:45am

High Intensity Tabata w/ Tracy  
10:00-11:00am

**CONSCIOUS MARKET**

MON-WED 9am-5pm  
THURSDAY 9am-7pm  
FRIDAY 9am-5pm  
SATURDAY 10am-2pm  
SUNDAY CLOSED

# MONTHLY CALENDAR / NOVEMBER



**SAT 05**

## AWAKEN FLORIDA FESTIVAL



9:00-7:00pm  
A festival of Mind, Body & Soul! It will showcase music, conversations, wellness, food, crafters, market vendors, workshops, and more.

Expect performances and panels by acclaimed artists and writers from around the world. Bring the whole family for this complementary event sponsored by EliteCare Health Centers.

For more info or to volunteer please visit [awakenflorida.org](http://awakenflorida.org)

**SUN 06**

**WED 09**

## The Five Tibetan Rites w/ Elaine

12:00-1:00pm  
Tibetan monks believe these poses Activate and Stimulate the 7 Key Chakras that in turn stimulate all the glands of the endocrine system.

**THU 10**

## Free Seminar: How to Live a Confident and Balanced Life with Life Coaching

5:30-7:00pm  
Diane Friedberg guides clients to identify, activate, and utilize their current skills to access a higher level of self-esteem and self-empowerment.

**FRI 11**

## Care 4 Caregivers

2:00-4:00pm  
Support Meetings focus on: spiritual, emotional, mental, and physical balance.

**SAT 12**

## OPEN HOUSE: Centropix Wellness

10:00-1:00pm  
Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center

## Rhythm Rise Playshops

11:30-12:30pm  
Dance & Exploration of Rhythm Instruments\*

## Dawn Center's A Night of Hope

6:30-9:30pm  
Plated dinner, wine and craft beer tastings, silent auctions, 50/50 raffle, and a DJ. \$55/person, \$100/couple. For tickets visit [dawncenter.org/events](http://dawncenter.org/events)

**TUE 15**

## Cancer Support Program

2:00-4:00pm  
Support Program for people, families & caregivers affected by Cancer.

**THU 17**

## Ayurveda Health Seminar

5:30-6:30pm  
Join us for a free wellness seminar with VED Living on The Art of Letting Go: Discover why unresolved emotions keep your health and life stuck.

**SAT 19**

## Mind Over Matter Manifesting Collective

11:00-1:00pm  
Join Jayne Arrington, Success Coach & Hypnotherapist for a master mind support group to help you get what you want out of life! Advance Payment required.\*

## Art Through the Heart

11:30-12:30pm  
Guided art sessions to inspire creativity, healing, & transformation. Each session encourages empowerment by unlocking more creativity, letting go of limiting beliefs, and nurturing the soul.\*



**MON 21**

## Greenpoint Thermography

(By Appointment Only)  
Non-invasive painless screening that demonstrates thermal patterns that may be indicative of internal dysfunction such as breast cancer. Having a thermogram is as simple as having your picture taken. Call 727-576-0100 to book.

**THU 24**

CLOSED

**FRI 25**

Open 9-1

**SAT 26**

Open 10-2

**HAPPY THANKSGIVING**



## CONNECT WITH THE WELLCOME OM CENTER

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

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\*Must pre-register. Workshop fees apply.

