

WEEKLY

MON Mat Pilates- Beginner Friendly w/ Elaine
10:00-11:00am
Mindful Movement Yoga w/ Vickie
2:00-3:00pm
Yoga Flow & Meditation w/ Donna
6:00-7:00pm

TUES Playful Flow Yoga w/ Bettina
8:30-9:30am
The Nia® Technique w/Gail
10:00-11:00am
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Slow 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
Tribal 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
Tai Chi & Qi Gong w/ Paula
11:30-12:30pm
Restorative Yoga w/ Vickie
7:00-8:15pm

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

MONTHLY CALENDAR / NOVEMBER

THE CAFE AT OM IS OPEN!
Mon-Fri 9-3pm



WED 01 Empowered Book Club
Week 4



SAT 04 Free Garden Education w/ Michael
10:00-11:00am
This class will focus on the root vegetables that grow best in our zone as well as tactics to ensure a steady harvest throughout the season.

Free Workshop: All Stressed Out
11:00-12:15pm
Join Hypnotherapist & Success Coach, Jayne Arrington as we dive in and explore how these experiences manifest. She will share some key tools to help navigate and potentially change those stress-filled outcomes. Must Pre-register

SUN 5 Daylight Savings
Sleep in an extra hour!



WED 08 Empowered Book Club
Week 5

THU 09 Free Workshop: Dealing with Holiday Stress
5:30-6:30pm
Discover effective techniques to navigate the holiday hustle and bustle while nurturing your mind, body, and spirit with Wellness Coordinator and Life Coach, Diane Friedberg.

SAT 11 Free Seminar: The History of Hemp
11:00-12:15pm
Join us for an interactive discussion, as well as some CBD Sips, Samples, & a Raffle! Our topic of discussion will be: Plant Medicine: Balance The System. Nourishing Your Endocannabinoid System With and Without The Plant.*
[Regisgter at Nurseswithamission.com](https://www.nurseswithamission.com)

MON 13 The Cafe at OM Grand Opening Celebration
9:00-3:00pm
The moment we've all been waiting for is here! At noon, our beloved Dr. Maria, the visionary founder of WellCome OM Center, will offer a heartfelt blessing to inaugurate this wonderful space.



WED 15 Empowered Book Club
Week 6

THU 16 Learn the Music, Movement & Magic of The Nia Technique
5:30-6:30pm
At our info session we will learn the history and fundamentals and immerse ourselves in Nia language and its body centered approach to exercise, wellness and healing. We will discuss and breakdown the three movement forms that make up Nia; Martial Arts, Dance Arts and Healing Arts.

SAT 18 OPEN HOUSE: Centropix Wellness
10:30-1:30pm
Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center



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.*

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. Call 727-576-0100 to book.

THU 23 Thanksgiving
Closed



Vegan Lox on GF Bagel



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

[welcomeomcenter.com](https://www.welcomeomcenter.com)

4242 Lake in the Woods Dr. Spring Hill, FL

*Must pre-register. Workshop fees apply.

