

November

CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

wellcomecenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

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SAT 01 **Garden Education w/ Michael**
10:00-11:00am, Garden Stage
Learn how to maximize production and rock your taste buds with fresh greens, carrots and beets **Free**

MON 03 **Sound Bath w/ Jim Red Sky**
7:15pm-8:15pm, The Venue
Lie back and let the world melt away as Jim creates a rich tapestry of resonant sounds using crystal singing bowls, gongs, chimes, and other sacred instruments. **\$30 members/\$35 non-members/\$40 at the door**

WED 05 **The Hummus Truck**
10:00am-2:00pm, Parking Lot
thehummustruck.com

Song Circle: Taurus Full Moon
6:30-8:30pm, Behind The Cafe
Join Uma and Aly, for a magical evening of song and spirit around the sacred fire. All voices are welcome – no experience needed, **\$15, Doors 6pm - please arrive early to settle in**



THU 06 **Asrolotea w/ Craig**
12:00-1:15pm, Market
Craft a personalized, month-by-month calendar with steps to achieve your goals. You'll get more from this tea if you have a project in mind, and know your birth time. **\$5**

Wellness Seminar w/ Diane
5:30-6:30pm, Market
The holidays can be hectic! Learn practical tips and mindful strategies to stay focused, centered, and truly enjoy the festive season without feeling overwhelmed. **Free**



TUES 11 **Veterans Day**
Free Express Salt Room Sessions for our Veterans. Must call ahead to book

Garden to Glass: Spiced Pickled Beets
2:00-4:00pm, The Cafe
All supplies included, **\$25. Registration required.**

WED 12 **United Way's Annual Dementia Care Seminar**
9:00-1:30pm, The Venue
Join us for an impactful seminar designed to provide practical tools, valuable resources, and community support for care partners, families, and professionals. Pre-register: unitedwayhernando.org/dementia2025

Book Club w/ Diane
11:30-12:30pm, The Market
We are reading "Calm in the Storm: Zen Ways to Cultivate Stability in an Anxious World." **\$30 incl 8 meetings and the book.**

THU 13 **Wellness Seminar w/ Dr. Maria**
5:30-6:30pm, The Venue
Join Dr. Maria for an educational talk on: Hormone Harmony: An essential overview of how these powerful substances impact your energy, mood, and health, day and night. **Free**

FRI 14 **Candlelight Concert: Tribute to Adele**
6:00-7:00pm
Performed by a talented string quartet under the warm glow of candlelight. Tickets: candlelightexperience.com

Candlelight Concert: Tribute to Queen
8:30-9:30pm
Performed by a talented string quartet under the warm glow of candlelight. Tickets: candlelightexperience.com

SAT 15 **Emotional Freedom Techniques: Heart Chakra**
2:00pm-5:00pm, The Studio
Eliminate negative emotions and traumatic memories that prevent you from experiencing happiness in your life. **\$150, register at littlespringsyoga.com**

9D Breathwork
5:00pm-6:30pm, The Venue
Led by the experienced Chris Eaton of Trinity Yoga. This unique practice combines 9 dimensions of sound, vibration, intention, and breath to create an experience unlike any other. **\$33/\$40 at the door**



WED 19 **The Hummus Truck**
10:00am-2:00pm, Parking Lot
thehummustruck.com
CPR/Basic Life Support (BLS) Certification
5:00-8:00pm, The Venue
Open to the public, 12 participants max. Call 352-600-4242 or register on MindBody. **\$55, optional \$12 for certification card**

THU 20 **Asrolotea w/ Craig**
12:00-1:15pm, Market
Moving from "Me" to "We", this Tea covers what you offer, and need, in your relationships, when to seek them, and what to avoid. **\$5**

TUES 25 **Garden to Glass: Winter Holiday Jam**
2:00-4:00pm, The Cafe
All supplies included, **\$25. Registration required.**

THU 27 **Thanksgiving**
Closed

FRI 28 **Black Friday**
Closed

SAT 29 **Shop Small Saturday**
Open Normal Hours: 10am-2pm

**IN ALL THINGS
GIVE
Thanks**

Call for Vendors

at the Mystic Winter Market!

Dec 13, 2025 12-5p

Handmade crafts and goods
Mystical or magical items
Holiday gifts
Art and jewelry
Delicious treats





OM Movement Studio Schedule

*Classes subject to change
**Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Yoga Basics Helena	Tone+Sculpt Donna	Chair Yoga Helena	Hatha Yoga Darrell	Zumba (All Levels) Lindsay	
10:00						Nia® Gail
10:15	Classical Pilates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve			
12:45				Sculpt Chair Yoga Helena	Vibe+Thrive Wellness Circle Diane	
3:00	Nia® in the Chair Gail					
3:30			Belly Dance Jayne			
4:00				Goddess Gatherings Diane		
6:00	Hatha Yoga Donna	Latin Dance Carmen	Basic Yoga Donna	Zumba (All Levels)		

NOV POP UP CLASSES

3rd 7:15pm: Sound Healing w/ Jim Red Sky

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

Pack of 5 - \$60/\$12 per class
Pack of 10 - \$100/\$10 per class
Pack of 15 - \$135/\$9 per class
DROP-IN - \$15

\$25: 2 weeks unlimited
*New Students

\$59 MEMBERSHIP
Unlimited Classes +
benefits

We accept Silver Sneakers, Silver & Fit, Active + Fit, Prime, Renew Active, EliteCare, and ACTC for FREE unlimited membership. Sign up at the front desk. FYI: you can use your Nation's Benefits Medicare card at WellCome OM.

Health Benefits of Dry Salt Therapy

HALOTHERAPY



- Unclogs Sinuses
- Combats Psoriasis, Eczema, and Acne
- Reduces Mucus
- Provides Relaxation
- Helps You Sleep Better

Source: Salt Therapy Association

SALT Smarts with the SALT THERAPY ASSOCIATION



Salt Room Specials

FULL EXPERIENCE ROOM

- First time, \$25
- Single session for 2, \$60 (savings of \$20)
- Group session up to 4 people, \$100 (only \$25 per person)
- Mon+Thu: Buy 1 session, bring a friend for free the same day, \$40 (savings of \$40)

EXPRESS ROOM

- First-time visitors \$20 (savings of \$5)
- Single Session for Two in Express Salt, \$40 (savings of \$10)

FREE EXPRESS VISIT
FOR VETERANS ON
VETERANS DAY 11/11*



*must call ahead to reserve