

WEEKLY

MON | Yogalates w/ Elaine
10:00-11:00am

Mindful Movement Yoga w/ Vickie
4:00-5:00pm

The Himalayan Science of Mudras
w/ Dr. Parth 6:00-7:00pm



TUES | Belly Dance w/ Inanna
10:00-11:00am

Intermediate Tai Chi w/ Charlie
11:30-12:30pm

Beginner Tai Chi w/ Charlie
12:45-1:45pm

Self Massage for Pain Management/ Kyle



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

Yoga for Manifestation w/ Dr. Parth
4:00-5:00pm

Restorative Yoga w/ Vickie
6:00-7:00pm



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

Teen Talk Sesh w/ the Dawn Center
5:30-6:30pm (Teens Only)

Hatha Yoga Sound Healing w/ Nina
7:00-8:00pm

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

SAT | Vitamin Chi: Breathwork w/Dominique
9:00-10:00am

Good Vibration Meditation Saturdays
w/ Dr. Maria + Dominique

10:00-11:00am

CONSCIOUS MARKET

S Mon-Wed 9am-5pm
T Thursday 9am-7pm
R Friday 9am-5pm
S Saturday 10am-2pm
S Sunday CLOSED

MONTHLY CALENDAR / NOVEMBER

THU 04 | Wholly Healthwise: Dairy + Gluten
5:30-7:00pm

Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh

SAT 06 | Garden Workshop w/ Michael
10:00-11:00am
FREE community education

Candle Making Workshop w/ Olive Drab Farms
10:00-12:00pm*

BEMER Therapy Drop In Day
10:00-2:00pm

1st Sat Picnic + Plant Swap

11:00-12:00pm
Please bring your lunch and some snacks to share and we will provide the music, refreshments, and crafts to keep the kids entertained.

Wireless Tech and Our Environment

11:30-12:30pm
Join us for a FREE community education seminar by Dr. Maria

TUE 09 | Painting in the Garden
2:00-4:00pm

Take a seat in front of a blank canvas, grab your paintbrushes and get ready to let your inner artist shine as Autumn walks you step by step through painting a calla lily*

THU 11 | Veteran's Day
Open 9-5

FRI 12 | Dawn Center: A Night of Hope
5:30-9:00pm
Get ready for a fun evening with dinner, silent auction and tasting event*

SAT 13 | Garden Workshop w/ Doug
10:00-11:00am
FREE community education

In the Kitchen: Healthy Holiday Comfort Foods w/ Dr. Maria + Bradley

10:30-12:00pm
All recipes are gluten free and will be served in a beautiful festive setting Buone Feste!

Crystals for Meditation

11:30-12:30pm
An exciting new pendulum class facilitated by Reiki Master Teacher, Dominique Grace.*

FRI 19 | Luna Rising
6:30-9:30pm
An Empowering Circle of Sisterhood, Friendship, Support, & Love*

SAT 20 | Garden Workshop w/ Doug
10:00-11:00am
FREE community education
CPR/AED/BSL + First Aid Course
10:00-2:00pm
Includes certification card which is valid for 2 years.*

Managing Holiday Stress + Anxiety

11:00-12:00pm
Complimentary workshop with Jayne Arrington CHT, NLP of Mind's Eye Coaching

WED 24 | Day Before Thanksgiving
Closed at 1 pm

THU 25 | Happy Thanksgiving!
Closed

FRI 26 | Black Friday
Open 9-5

SAT 27 | Sound Journey w/ Nina Marie
6:00-7:00pm
You will be led through a musical journey that can inspire healing, personal growth, and connection.*

*Must pre-register. Workshop fees apply.

CONNECT WITH THE WELLCOME OM CENTER



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