

# October

CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

wellcomeomcenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

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- WED 01** | **The Hummus Truck**  
10:00am-2:00pm, Parking Lot  
Multiple Vegan and Gluten free options.  
Home made from scratch with flavors that you will not forget! [thehummustruck.com](http://thehummustruck.com)
- THU 02** | **The 3-Way Check-Up: Nurturing Body, Mind & Spirit**  
5:30-6:30pm, Market  
Join Wellness Coordinator and Life Coach Diane, for a free seminar covering simple practices to check in with and nourish every aspect of your well-being. **Free**
- FRI 03** | **Past Life Regression Workshop w/ Jayne**  
6:30-8:30pm, The Studio  
Experience a guided hypnotic trance state to explore a potential past life that has significance for you in this present day life. **\$45**
- SAT 04** | **Garden Education w/ Michael**  
10:00-11:00am, Garden Stage  
Learn the ins and outs of growing broccoli, kale, cauliflower, and more, as we delve into the secrets of cultivating these flavorful cruciferous wonders. **Free**
- TUES 07** | **Garden to Glass: Apple + Fruit Chutney**  
2:00-4:00pm, The Cafe  
Learn the art of canning homemade chutney! All supplies included, **\$25. Registration required.**
- WED 08** | **Pottery Class w/ The Olive Grove**  
10:00-12:00pm, The Venue  
Learn the art of organic olive oil production and sample them too! We will also be making clay olive oil lamps. **\$10/Free for members.**
- THU 09** | **Wellness Seminar w/ Dr. Maria**  
5:30-6:30pm, The Venue  
Join Dr. Maria for an educational talk on: Decoding daily language to understand why you achieve (or don't achieve) your life's greatest goals. **Free**
- SAT 11** | **Sip for a Cause: A High Tea & Bingo Fundraiser**  
2:00-5:00pm, The Venue  
Join us for a delightful afternoon of high tea, bingo, and community as we raise awareness for kidney health! **\$45**
- SAT 11** | **Sacred Song Circle: Sing with the Spirits**  
6:30-8:30pm, Behind The Cafe  
As the veil between worlds thins and the crisp autumn air settles upon us, join vocalist Uma, 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**
- WED 15** | **The Hummus Truck**  
10:00am-2:00pm, Parking Lot  
Multiple Vegan and Gluten free options.  
Home made from scratch with flavors that you will not forget! [thehummustruck.com](http://thehummustruck.com)
- THU 16** | **Halloween Painting Workshop**  
5:30-7:30pm, The Cafe  
you'll create a stunning masterpiece on an 11x14 inch canvas using vibrant acrylics. **Members \$30/Non-Members \$35. Optional Pre-purchased Charcuterie Box +\$12, Day of \$15**



- TUES 21** | **Garden to Glass: Canning Pumpkin Butter**  
2:00-4:00pm, The Cafe  
Learn the art of canning homemade pumpkin butter! All supplies included, **\$25. Registration required.**
- WED 22** | **DIY Plush Pumpkin Craft**  
1:00-3:00pm, The Cafe  
Learn how to hand-craft your own set of adorable plush pumpkins—one large and one small—that will be the perfect addition to your fall decor. All supplies included, **\$20 members/\$25 non-members. Registration required.**
- SAT 25** | **Candlelight Concert: Coldplay vs Imagine Dragons**  
6:00-7:00pm  
Performed by a talented string quartet under the warm glow of candlelight.  
Tickets: [candlelightexperience.com](http://candlelightexperience.com)
- WED 28** | **An Evening of Poetry and Wisdom from Dr. Singh's New Book!**  
6:00-6:45pm, The Venue at OM  
Join us for a deeply moving and reflective evening as Dr. Parikshith Singh, MD, presents selections from his newest book, *The Age of Sri Aurobindo*. Enjoy 10 minutes of performative poetry plus a 35 minute discourse that delves into the themes and insights from his book, guiding you on your own path of self-discovery and enlightenment. **Free**
- WED 29** | **DIY Autumn Dot Mandala Painting, Pt 1**  
1:00-4:00pm, The Cafe  
In this fun, fall-themed workshop, you'll be guided step-by-step to create a stunning autumn design on a 12" wood canvas.—no experience needed! **\$60 includes pt1 + pt2 on Wed, Nov 5<sup>th</sup> 1-4pm.**
- FRI 31** | **HALLOWEEN**





# OM Movement Studio Schedule

\*Classes subject to change

\*\*Closed on major holidays

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

## OCTOBER POP UP CLASSES

- 4<sup>th</sup> 11-12pm-Light Refreshment & Tea Celebrate Gail's 20th anniversary with Nia®
- 8th 10 -11am Beginner Yoga w/Donna in the Venue at OM

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, 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.**

*We're thrilled to announce that we've added a fantastic new therapist, Joy, to our team! She'll be joining us every Saturday to bring a fresh set of specialized skills to your wellness routine.*

Joy's areas of expertise include:

- 🌸 Thai Massage
- 🌸 Prenatal Massage
- 🌸 Lymphatic Drainage
- 🌸 Trigger Point Therapy

Ready to book a session that will leave you feeling completely renewed? Joy's already booked through September - call us now to book her for November! We also offer gift cards for any occasion.

☎ 352-600-4242



FL Lic. 35419  
 Est. Lic. #MM41335

