

# WEEKLY

**MON** Yoga 101 w/ Elaine  
10:00-11:00am  
  
Mindful Movement Yoga w/ Vickie  
4:00-5:00pm

**TUES** Belly Dance w/ Inanna  
10:00-11:00am  
Starts  
  
Tai Chi w/ Charlie  
11:30-12:30pm  
Starts  
  
Self Care & Mobility Yoga w/ Kyle  
6:00-6:45pm

**WED** HeartMath Meditation w/Diane  
10:00-11:00am (starts 10/13) NEW  
  
Restorative Yoga w/ Vickie  
6:00-7:00pm

**THUR** Healing Hatha Yoga w/Darrell  
10:00-11:00am  
  
Tai Chi w/ Charlie  
11:30-12:30pm  
Starts 9/16  
  
Teen Talk Sesh w/ the Dawn Center  
5:30-6:30pm

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

**SAT** Vitamin Chi: Breathwork w/Dominique  
10:00-11:00am  
(starts at 9 am beginning 10/16)  
  
Good Vibration Meditation Saturdays  
w/ Dr. Maria + Dominique NEW  
10:00-11:00am (starts 10/16)

**CONSCIOUS MARKET HOURS**  
Mon-Wed 9am-5pm  
Thursday 9am-7pm  
Friday 9am-5pm  
Saturday 10am-2pm  
Sunday CLOSED

# MONTHLY CALENDAR / OCTOBER

**SAT 02** Garden Workshop w/ Michael  
10:00-11:00am  
FREE community education

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

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.

Pop up Yoga w/ Elaine  
12:00-1:00pm  
Five Tibetan Rites\*

**THU 07** Wholly Healthwise: Pain + Arthritis  
5:30-6:30pm  
Join us for a FREE community education seminar by Dr. Maria

**SAT 09** Yoga on the Lawn w/ Vickie  
10:00-11:00am  
Start the day off with a vin to yin yoga. This event is Free and Family Friendly!

Community Fall Festival  
10:00-3:00pm  
You're Invited to Celebrate Community! Gather your family, friends & neighbors for a fun-filled day! Join us for speakers and presentations from leading experts in holistic living. Free Community Event + Free parking!

**WED 13** Innovation Collective Brooksville: Fireside Chat  
6:00-7:00pm  
Learn Dr. M's life's journey and practical advice for how to address personal and professional challenges. Afterwards, mingle for purposeful networking

\*Must pre-register. Workshop fees apply.

**THU 14** Free Seminar: Natural Pain Remedies w/ Diane Friedberg  
5:30-6:30pm

**SAT 16** Garden Workshop w/ Doug  
10:00-11:00am  
FREE community education

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

CPR/AED/BSL + First Aid Course  
10:00-2:00pm  
Includes certification card which is valid for 2 years.\*

**THU 21** VED Living  
5:30pm  
FREE Seminar - Is Ayurvedic Health Right for You?

**FRI 22** Luna Rising  
6:30-9:30pm  
An Empowering Circle of Sisterhood, Friendship, Support, & Love\*

**SAT 23** The Ultimate Salt Experience: Body, Mind, Spirit, Soul  
1:00-2:00pm  
Enjoy the healing properties of crystal therapy, essential oils, and a reiki infused guided meditation.\*

**THU 28** Harmonize Your Chakras  
5:30-6:30pm  
An exciting new pendulum class facilitated by Reiki Master Teacher, Dominique Grace.\*

**THU 30** In the Kitchen: Autumn Soups & Stews  
10:30-12:00pm  
Dr. Maria & Bradley will teach you how to make hearty soups that will warm you up all fall and winter long.\*



## CONNECT WITH THE WELLCOME OM CENTER

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