

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

Conscious Conversations w/ Diane **NEW**
3:30-4:30pm

Slow Flow Yoga w/ Tracy
6:00-7:00pm

WED Strength & Mobility Yoga w/ Bettina
8:30-9:30am

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

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 **NEW**
11:30-12:30pm starts 9/14

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

*BYOB (Bring your own blanket)

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

MONTHLY CALENDAR / SEPT



SAT 02 Free Garden Education w/ Michael
10:00-11:00am
This class will discuss what veggies grow best in our zone this time of year.

MON 04 Labor Day, Closed

THU 07 Wholly Healthwise: Let's Talk Back
5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh on Better Care of the Human Back for Strength & Pain Reduction

SAT 09 Pelvic Floor Vitality Yoga: Pop Up Class
11:30-12:30pm
In this class we will learn where these core muscles are and practice a series of yoga postures to strengthen these muscles. This is an all levels class with Bettina Fegan and these postures can be practiced in a chair, on the floor, and standing.* Studio Fees Apply



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.*

THU 14 Free Workshop: Preparing for a Healthy Fall w/ Diane
5:30-6:30pm
Discover wellness tips, immune-boosting strategies, and seasonal self-care essentials to keep you thriving as the leaves begin to change.

SAT 16 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

SAT 23 Free Workshop: The Healing Power of the Mind
11:00-12:15pm
Join Success Coach, Hypnotherapist & Mind Design Coach, Jayne Arrington as we discover the power of the infinite mind and its ability to heal or to create illness.

THU 28 Community Wellness Program
5:30-7:30pm
Please join us for our monthly workshop/support program for anyone undergoing chronic illness or providing care for someone. There will be break off sessions to share experiences and solutions/resources as well as a guest speaker.

SAT 30 Women's Wholistic Health Conference
9:00-5:00pm

Awaken to Your Best Life: A Journey to Ultimate Wellness



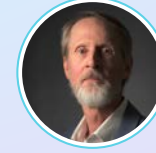
Dr. Maria Scunziano-Singh
MD, NMD, DipABLM



Dr. Charlene D'Acosta
MD, General Practice



Dr. Joshua Helman
MD, DipABLM



Dr. John Hill
Doctor or Chiropractics



Denise Schonwald
RN, LMHC, Medical Intuitive



Diane Friedberg
Wellness Life Coach

Speaker Topics

- Natural Hormonal Balancing
- How to Turn Back Time: Longevity
- Detox & Restore w/ Nutrition & Supplements
- Breast Health & Cancer Prevention
- Mastering Your Emotions
- The Vibration of YOU!

Interactive Breakout Sessions

- Own Your Awesome! Keys to Living Your Best Life
- Pelvic Floor Workshop
- Therapeutic Gardening

Ticket Includes a healthy lunch and canvas swag bag full of special offers and gifts.



CONNECT WITH THE WELLCOME OM CENTER

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wellcomeomcenter.com

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*Must pre-register. Workshop fees apply.

