

WEEKLY

MONTHLY CALENDAR / SEPTEMBER

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 9/7

Tai Chi w/ Charles
11:30-12:30pm
Starts 9/14

Self Care & Mobility Yoga w/ Kyle
6:00-6:45pm

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

THUR | Healing Hatha Yoga w/Darrell
10:00-11:00am

Tai Chi w/ Charles
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

CONSCIOUS MARKET HOURS

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

THU 02 | Tai Chi Info Session and Demo
5:30-6:30pm
Charles Strazzullo is a martial arts instructor with over 40 years of training in several styles of martial art.

SAT 04 | CPR/AED/BSL + First Aid Course
10:00-2:00pm
Includes certification card which is valid for 2 years.*

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

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.

The Ultimate Salt Experience: Body, Mind, Spirit, Soul
10:45-12:00pm
Enjoy the healing properties of crystal therapy, essential oils, and a reiki infused guided meditation facilitated by Reiki Master Teacher, Dominique Grace.*

MON 06 | Labor Day
Closed

THU 09 | Supplement Essentials
5:30-7:30pm
Diane Friedberg and Dr. Maria will both be presenting on this 'essential' topic!

SAT 11 | Pilates on the Ball w/ Elaine
12:00-1:00pm
An active energetic flow using fitness balls for a challenging and invigorating workout.

THU 16 | BEMER Therapy Info Session
5:30-6:30pm
Learn about this healing modality that even NASA uses and receive a complimentary BEMER Therapy Session!

SAT 18 | Candle Making Workshop
10:00-12:00pm
You will make and take home one large and two medium candles, two wax melts plus an instruction manual. You will be provided with all of the equipment needed.*

Wireless Safety Seminar
11:00-12:30pm
Wired In Hernando is on a mission to educate the community on wireless technology to safeguard our health and environment.

THU 23 | Integrative Healing Info Session
5:30-7:00pm
Learn all about the natural and holistic services offered at the center by Integrative Healing at OM.

FRI 24 | Luna Rising Special Coed Circle
6:30-9:30pm
Harvest Celebration*

SAT 25 | In the Kitchen: Wholesome Bowls
10:30-12:00pm
Dr. Maria will teach you how to make the perfect bowls that are full of flavor, super satisfying, and packed with all the good and healthy things that will make you feel great!*

THU 30 | The Healing Power of Crystals
5:30-6:30pm
Join us in this workshop and learn how to tap into the powerful properties that have been used since the beginning of time.*

*Must pre-register. Workshop fees apply.

CONNECT WITH THE WELLCOME OM CENTER



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