

WEEKLY

MON

Yogalates w/ Elaine
(1st Mon of the month on the ball)
10:00-11:00am

Martial Arts Movement w/ Charlie
11:30-12:30pm (starts 7/11)

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

Yoga Flow & Meditation w/ Donna
6:00-7:00pm

TUES

Zumba® w/ Donna
10:00-11:00am

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

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

Slow Flow Yoga w/ Tracy
6:30-7:30pm

NEW



WED

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

Heart & Hip Opening Flow w/ Jordan
11:30-12:30pm

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

*BYOB (Bring Your Own Blanket)

NEW

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

Dawn Center Teen Talk
5:30-6:30pm (Teens Only)

Pilates w/ Donna
7:00-8:00pm

FRI

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

Breathe & Restore w/ Jordan
11:30-12:30pm

NEW

SAT

Zumba® Express w/ Donna
9:00-9:45am

High Intensity Tabata w/ Tracy
10:00-11:00am

CONSCIOUS MARKET HOURS

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

MONTHLY CALENDAR / SEPTEMBER



THU

01

Wholly Healthwise: Preventing Inflammation

5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.



THU 15

Ayurveda Health Seminar

5:30-6:30pm
Join us for a free wellness seminar with Ved Living on How to Feel Energetic and Active

SAT 17

Mind Over Matter Manifesting Collective

11:00-1:00pm
Join Jayne Arrington, Success Coach & Hypnotherapist for a master mind support group to help you get what you want out of life! Advance Payment required.*

TUES 20

Cancer Support Program

2:00-4:00pm
Support Program for people, families & caregivers affected by Cancer.



WED 21

Free Garden Education w/Doug

10:00-11:00am
Soil testing time. You bring in your soil sample and we'll help YOU get some valuable baseline data. Sample must be at least 1 gal. dried.

MON 05

Labor Day
CLOSED



FRI 09

Care 4 Caregivers

2:00-4:00pm
Support Meetings focus on: spiritual, emotional, mental, and physical balance.

THU 22

What is Naturopathic Medicine and Is It Right for Me?

5:00-6:30pm
Join us for a FREE community education seminar and doctor Meet & Greet with Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.



SAT 10

OPEN HOUSE: Centropix Wellness

10:00-1:00pm
Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center

Rhythm Rise Playshops

11:30-12:30pm
Have Fun with Rhythm Games, Affirmations, Empowering Songs, Dance & Exploration of Rhythm Instruments*



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.*

SAT 24

Rhythm Rise Playshops

11:30-12:30pm
Dance & Exploration of Rhythm Instruments*

Universal Holistic Expo

10:00-4:00pm
Experience energy workers, shop for unique spiritual tools, & explore new modalities.



Free Workshop: Hypnosis for Healing

11:00-12:15pm
Join Hypnotherapist and Success Coach, Jayne Arrington as we discuss the many uses for hypnosis, how it works, and who is a good candidate.



FRI 30

Business Networking Mixer

12:00-3:00pm
Get the information needed to take your business to the next level!* Tickets: shorturl.at/mxHPV



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

@WellComeOMCenter

wellcomeomcenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

*Must pre-register. Workshop fees apply.

