

# WEEKLY

MON

Intermediate Pilates w/ Elaine  
10:00-11:00am

Zumba w/ Mary  
11:30-12:30pm

Hatha Yoga w/ Donna  
6:00-7:00pm

TUES

The Nia® Technique w/Gail  
10:00-11:00am

Tai Chi & Qi Gong w/ Paula  
11:30-12:30pm

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

WED

Chair Yoga w/ Bettina  
8:30-9:30am

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

Tai Chi w/ Steve  
11:30-12:30pm

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  
11:30-12:30pm

Restorative Yoga w/ Vickie  
7:00-8:00pm

FRI

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

Qi Gong 30min Express w/ Paula  
2:30-3:00pm starts 3/8

SAT

The Nia® Technique w/Gail  
10:00-11:00am

CONSCIOUS  
MARKET  
HOURS

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

# MARCH



SAT 02

Free Garden Education w/ Michael

10:00-11:00am  
This class will discuss which vegetables are best to grow in our area in the early spring in zone 9 as well as a few pointers on how to get the most out of the garden space you have.

Yoga in the Woods

11:30-12:30pm  
Become immersed in nature's tranquility with yoga instructor, Donna Hildebrandt.\*

Symphony of Serenity Journey

1:00-3:00pm  
Live music and guided meditations with Kennedy OneSelf.\*

Radical Remission Workshop

7:30-4:30pm  
Learn how others beat cancer against all odds in this one-day workshop filled with radical remission strategies and inspiring stories with special guest Karla Giroux. Hosted by Dr. Pierre.\*

THU 07

Men's Health: Making the Right Moves to Enhance Vitality

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

SAT 09

Spring Into Better Health

10:30-1:30pm  
You're invited to come Experience Self Healing! Learn about A Cutting-Edge Biotechnology Enterprise offering an Innovative Wellness Solution

WED SUN 10

Daylight Savings

WED 13

Empowered Book Club w/ Diane

11:30-12:30pm  
A haven for seekers of personal growth, self-discovery, and transformation. In this enriching literary journey, we delve into a curated selection of empowering books that ignite the flames of self-awareness, resilience, and inner strength.

*The Untethered Soul*



*We also offer the workbook!*

FRI 15

St. Patrick's Day Zumba Pop Up w/ Mary

4:00-5:00pm  
SHAMROCK your workout with St. Patty's Day Themed Zumba! Come dressed in your favorite St. Patty's Day attire and get moving to a playlist that will include some Irish songs for the occasion!

SAT 16

Plant Medicine: Spring Detox w/ Plant Allies

11:00-12:00pm  
Explore plant-based detoxification and rejuvenation. Event by [www.NursesWithAMission.com](http://www.NursesWithAMission.com)

Baby Massage Workshop w/ Nicole

11:30-12:30pm  
By learning the art of infant massage, you become empowered as a parent to help support your babies health. Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.\*

SUN 17

St. Patrick's Day



WED 20

Empowered Book Club w/ Diane

11:30-12:30pm

FRI 22

Spring Equinox Qi Gong w/ Paula

3:00-4:00pm  
Experience the balance between Yin and Yang as we welcome the arrival of Spring.\*

SAT 23

Hypnosis for Healing

11:00-12:15pm  
Join Hypnotherapist & Success Coach, Jayne Arrington as we dive in and explore how Hypnotherapy and NLP-Neuro Linguistic Programming work as powerful, habit changing tools.

Spring Mini Portrait Sessions

10:00-2:00pm  
Spring is in the air, and it's time to capture the magic with JCenteno Photography's Spring Mini Sessions! Contact: [JCentenoPhotography.com](http://JCentenoPhotography.com)

WED 27

Empowered Book Club w/ Diane

11:30-12:30pm

SUN 31

Easter



*Order your food*

ONLINE



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

[wellcomeomcenter.com](http://wellcomeomcenter.com)

4242 Lake in the Woods Dr. Spring Hill, FL

\*Must pre-register. Workshop fees apply.

