

# November



CONNECT WITH THE WELCOME OM CENTER  
352.600.4242  
welcomecenter.com  
4242 Lake in the Woods Dr. Spring Hill, FL  
\*Must pre-register. Workshop fees apply.



**SAT 02** **Free Garden Education w/ Michael**  
10:00-11:00am  
Learn how to maximize the production of root veggies and leafy greens.

**TUES 05** **Heart Vibe & Free Flow w/ Diane\***  
12:45-1:45pm  
Join holistic life coach Diane Friedberg for an immersive experience that combines the power of free-flow dance, heart-centred frequency music, and group meditation.

**THU 07** **Astrolo Tea w/ Craig\***  
12:00-1:15pm  
Learn how planetary positions in relation to each other create unique energetic patterns that influence our personality and experiences.

### **Free Seminar: "Battle of the Bulge"-Let's Do It Safe and Naturally with Dr. Maria**

5:30-7:00pm  
Join us for an educational seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh. Learn about the science behind weight management, effective lifestyle changes, and how to overcome common pitfalls.

**SAT 09** **Free Seminar: All Stressed Out w/ Jayne**  
11:00-12:15pm  
Join Hypnotherapist and Results Coach Jayne Arrington as we explore how these experiences manifest. She will share tools to help manage stress filled outcomes.

**MON 11** **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**  
11:00-12:00pm  
An informational session discussing the effects of stress on the skin.

**WED 13** **Empowered Book Club w/ Diane (1 of 6)\***  
11:30-12:30pm  
We are reading Speaking with Nature about connecting with nature and nature beings to help heal us and the Earth written by renowned shamanic teachers Sandra Ingerman and Llyn Roberts.

**THU 14** **Garden to Glass: Learn How to Can Your Own Salsa\***  
11:00-2:00pm  
Join us for a hands-on canning workshop with Jess, where you'll learn all about making and preserving delicious salsa – sweet or spicy, it's up to you!

**FRI 15** **Full Moon Release with Diane\***  
7:00pm-onward  
Bathe in the light of the full moon and cleanse your spirit during this unique ceremony. Inspired by Native American traditions.

**SAT 16** **Plant Powered Prevention: Explore The Benefits of Hemp + Functional Mushrooms**  
11:00-12:00pm  
Join Nurses With A Mission for an interactive free discussion on mastering your regulatory system. RSVP to save your seat.  
**Create & Craft: Personalized Charcuterie Board Workshop\***  
11:30-3:30pm  
ART DIY Workshop, where you'll create your very own personalized charcuterie board! Perfect for a date night or making custom holiday gifts, this workshop includes everything you need – supplies, snacks, drinks, and expert instruction.

**MON 18** **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**

11:00-12:00pm  
An informational session discussing why skin care is self care.

**WED 20** **Empowered Book Club w/ Diane (2 of 6)\***  
11:30-12:30pm

**THU 21** **Free Seminar: Grandparents Raising Children**  
10:00-11:00am  
Join us for a Complimentary heartfelt discussion with Annette Becklund, MSW, LCSW, NBCCH about the unique challenges, heartaches, and joys that come with this important role.

### **Astrolo Tea w/ Craig\***

12:00-1:15pm  
Building on the foundation of Part 1, we'll explore the more advanced aspects and their nuanced interpretations.

### **Garden to Glass: Make Apple Cider Vinegar\***

2:00-5:00pm  
Discover the incredible benefits of apple cider vinegar, from supporting digestion to boosting immunity, and take home your own batch, made with all-natural ingredients.

### **Sound Healing Meditation w/ Natalia\***

5:30-6:30pm  
Join us for a unique and immersive journey into relaxation and self-discovery. During the workshop, participants will be guided with soothing tones of crystal bowls, Tibetan singing bowls, gong and other therapeutic instruments.

**FRI 22** **Sunken Gardens Adventure\***

10:00-5:00pm  
Tickets include transportation on a private charter bus, admission to the Sunken Gardens in St. Pete, lunch at the historical Chattaway tea house (including gratuity), and a goodie bag. Discount for OM members.

### **Create & Craft: Personalized Charcuterie Board Workshop\***

5:30-9:30pm  
ART DIY Workshop, where you'll create your very own personalized charcuterie board! Perfect for a date night or making custom holiday gifts, this workshop includes everything you need – supplies, snacks, drinks, and expert instruction.

**MON 25** **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**

11:00-12:00pm  
Meet the owner Gab, for an informational session discussing skincare basics and the range of farm fresh products and services they offer to set your skin and mood aglow!

**WED 27** **Empowered Book Club w/ Diane (3 of 6)\***  
11:30-12:30pm

**THU 28** **Happy Thanksgiving**  
CLOSED

**SAT 30** **Baby Massage Workshop w/ Nicole\***

12:00-1:00pm  
Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.

### **Free Event: Mom Tribe Meetup**

1:00-2:00pm  
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together.





# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00			<b>Chair Yoga</b> Helena	<b>Hatha Yoga</b> Darrell <small>NEW!</small>		
10:00						<b>Nia®</b> Gail
10:15	<b>Yogalates</b> Elaine	<b>Nia®</b> Gail	<b>HeartMath Meditation</b> Diane	<b>NIA®</b> Gail	<b>Strength/Mobility Yoga</b> Darrell	
11:30		<b>Tai Chi</b> Paula	<b>Tai Chi</b> Steve			
12:45		<b>Heart Wave and Flow</b> Diane <small>NEW!</small>		<b>Chair Yoga</b> Bettina		
2:15	<b>Chair Yoga</b> Vickie					<b>November Pop Ups</b> Tue 12th 9am: 5 Tibetan Rites w/ Elaine
3:30			<b>Belly Dance</b> Jayne			
5:45		<b>Latin Dance</b> Carmen	<small>AuratoriOM</small> \$15 per class or \$99 for 8 wks			
6:00	<b>Hatha Yoga</b> Donna	<b>Flow Yoga</b> Tracy	<b>Pilates</b> Donna			
6:30				<b>Restorative Yoga</b> Vickie		

First Class \$5  
\*New Students

2wk unlimited \$25  
\*New Students

MEMBERSHIP \$59  
Unlimited Classes  
(Monthly auto pay)

Pack of 5 - \$60/\$12 per class  
Pack of 10 - \$100/\$10 per class  
Pack of 15 - \$135/\$9 per class  
DROP-IN - \$15

## NEW YEARS EVE MASQUERADE BALL

Date: December 31st

Time: 8:30 PM - 12:30 AM

Location: The Venue at OM

4260 Lake in the Woods Dr. Spring Hill