


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Group Meditation Workshop</b> 9-10:30AM <b>Wisdom of Myth</b> 2-4PM	2 <b>Cat's Seed to Table Cooking</b> 11:30AM-1:30PM <b>Crohn's and Colitis Support Group</b> 6:30PM	3 <b>*Story Sprouts</b> 10AM-NOON <b>Funky Flow Yoga</b> 6-7PM <b>Healing Clinic &amp; Meditation</b> 7:15-8:30PM	4 <b>LEAPS</b> 10-11:30AM <b>Vinyasa Yoga Flow</b> 6-7PM <b>Group Meditation</b> 7:15-8:30PM	5 <b>La Leche League</b> 10AM-NOON	6 <b>Natural Remedies for your Garden</b> 10-11:30AM <b>Pilates Mat CANCELED</b>	7 <b>Membership Meeting</b> NOON-3PM
8 <b>Group Meditation Workshop</b> 9-10:30AM	9 <b>ECUA "Green Wave Coming"</b> 3-4PM <b>Pilates Mat</b> 1:30-2:30PM  <b>Columbus Day</b>	10 <b>*Story Sprouts</b> 10AM-NOON <b>Funky Flow Yoga</b> 6-7PM <b>Healing Clinic &amp; Meditation</b> 7:15-8:30PM	11 <b>Story Seedlings</b> 2:45-4PM <b>Vinyasa Yoga Flow</b> 6-7PM <b>Group Meditation</b> 7:15-8:30PM	12 <b>Natural Healing/Cancer Study</b> 6-8:30PM	13 <b>Gay Grassroots</b> 6-8PM <b>Pilates Mat CANCELED</b>	14 <b>*All Grain Beer Brewing w/ Pat Johnson</b> 9AM-1PM <b>Aromatherapy for Animals w/ Diana Pierra</b> 2-4PM
15 <b>Group Meditation Workshop</b> 9-10:30AM <b>Transgender Alliance</b> 4-6PM	16 <b>Pilates Mat</b> 1:30-2:30PM	17 <b>*Story Sprouts</b> 10AM-NOON <b>Funky Flow Yoga</b> 6-7PM <b>Healing Clinic &amp; Meditation</b> 7:15-8:30PM	18 <b>Vinyasa Yoga Flow</b> 6-7PM <b>Group Meditation</b> 7:15-8:30PM	19 <b>Veteran's Meeting</b> 4-6:30PM	20 <b>Pilates Mat CANCELED</b>	21 <b>LEAPS</b> 10-11:30AM <b>*Debby's Kitchen - Chicken Pot Pie</b> 12-2PM
22 <b>Group Meditation Workshop</b> 9-10:30AM	23 <b>Pilates Mat</b> 1:30-2:30PM	24 <b>*Story Sprouts</b> 10AM-NOON <b>Funky Flow Yoga</b> 6-7PM <b>Healing Clinic &amp; Meditation</b> 7:15-8:30PM	25 <b>Vinyasa Yoga Flow</b> 6-7PM <b>Group Meditation</b> 7:15-8:30PM	26 <b>Natural Healing/Cancer Study</b> 6-8:30PM	27 <b>Pilates Mat</b> 1:30-2:30PM	28 <b>DIY Cough Drops w/ Diana Pierra</b> 11AM-1PM
29 <b>Group Meditation Workshop</b> 9-10:30AM	30 <b>Pilates Mat</b> 1:30-2:30PM  <b>BOARD MEETING</b> 6PM	31 <b>*Story Sprouts</b> 10AM-NOON <b>Funky Flow Yoga</b> 6-7PM <b>Healing Clinic &amp; Meditation</b> 7:15-8:30PM 	315 W. Garden Street, Pensacola, FL 32502 Education Coordinator (850) 433-5353, ex. 17 Education@everman.org View all events online at www.everman.org/events <b>*Sign up for these classes ahead of time in store or online</b>			

## KIDS CLASSES

- **STORY SPROUTS:** Children ages 3-5 are invited to do arts & crafts, make a snack and have story time. The classes are always creative and have an organic, environmental and local twist. Cost: complimentary.
- **STORY SEEDLINGS:** Story seedlings builds on the foundations begun in Sprouts with emphasis on listening to a story on books. During each session, activities offered are: storytime for 4 to 8 yr olds, hands on healthy snack preparation, and arts & craft. Siblings under 10 are welcome to join and participate as they like! Cost: complimentary.

## FITNESS CLASSES

- **FUNKY FLOW YOGA:** Funky Flow is a creative hour with fun postures and music, combining yin and yang postures. Please wear comfortable clothing, all you need is yourself, a mat if you have one and an open mind. Cost: complimentary.
- **VINYASA FLOW YOGA:** Vinyasa flow is the art of moving through a series of postures with the breath. This class is for all levels of practice. Please bring a mat. Cost: complimentary.
- **PILATES MAT:** Pilates focuses on engaging the mind and body together to create exercises that involve the whole person. Pilates strengthens the core, improves balance, increases coordination and decreases stress! Cost: complimentary.

## COOKING CLASSES (please sign up in advanced for these):

- **DEBBY'S KITCHEN:** This is a cooking class for the novice cook at any age! This class will be educational, fun and offer some basic knife and sauce skills to appeal to anyone. Bon Appetite! Cost: \$10 for members, \$15 for non-members. The dish we will make this class is chicken pot pie.
- **SEED TO TABLE COOKING:** Join our gardener Cat for a cooking class featuring fresh harvest from our community garden. Cost: complimentary (you will just eat a sample, not a full meal).
- **ALL GRAIN BEER BREWING w/ PAT JOHNSON** We'll be brewing beer in the traditional style using nothing but Malted Barley, Water, Hops and Yeast. This is typically referred to as the "All Grain" brewing method as opposed to Extract or Kit beer brewing. We'll demonstrate the entire process from beginning to adding the yeast. The hands-on part of the process takes about 4 hours before adding the yeast. It takes the yeast another week or 2 to do its job and then its ready to carbonate and drink. We will be using a 5-10 gallon brewing system that is typical of those used by many homebrewers. Price: complimentary.

## SUPPORT GROUPS

- **CCFA:** The Crohn's and Colitis Foundation of America offers a local support group where patients, family members, and caregivers can connect to others living with these digestive diseases. Cost: complimentary.
- **GAY GRASSROOTS:** Gay Grassroots is a social, advocacy, and support meeting that is open to Gays, Lesbian, Bisexuals, and Transgender Persons, as well as Straight Allies. Cost: Complimentary
- **TRANSGENDER ALLIANCE:** Come join fellow members of Pensacola's transgender community. Share stories, support, and find a fellowship amongst fellow transgender individuals. Cost: complimentary.
- **LA LECHE LEAGUE:** Our Mission is to help mothers breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. Cost: complimentary.
- **VETERAN'S MEETING:** These monthly meetings focus on veteran services in our community. Cost: complimentary.
- **LEAPS (Love, Encouragement, and Postpartum Support):** A self-care support group focused on helping moms connect and engage in activities that promote balance, stress management, and overall wellness. Guest speakers and self-care activities will be provided and are free of cost. Pre-crawling babies welcome. Cost: complimentary.

## WELLNESS CLASSES

- **HEALING CLINIC & MEDITATION:** Pranic Healing offers several guided meditations depending on the week. Following meditation we set up our Healing Clinic. We have a group of well-trained Healers who do energy work on the physical, emotional, and mental issues attendees want/need. We also collect food for Mana Food Bank. Cost: complimentary.
- **MEDITATION:** A very simple, safe, scientific, non-denominational, world service group meditation with over 600 Transmission groups in 40 countries worldwide meeting on a regular basis. Cost: complimentary.
- **CANCER STUDY GROUP:** group that study about the illness of Cancer. Presentations are done through DVDs or by live speakers who share personal insights and experiences. Cost: complimentary.
- **AROMATHERAPY FOR ANIMALS** The use of essential oils has been utilized to help us heal mentally, physically, and spiritually, since its beginning from ancient Ayurvedic texts which describe sophisticated methods to concentrate the aromas of medicinal herbs. This class will give you a broad overview of how essential oils can be utilized on our animal friends and which oils are unsafe to use. Recipes for blends for different ailments will be discussed in detail. Come learn a safer alternative for treating your best friend's ailments! Cost: complimentary.
- **DIY COUGH DROPS** Looked at the ingredients list of conventional cough drops recently? Come learn how to create a completely natural option to soothe throats and calm coughs while providing healthy fats and immune boosting abilities by creating your own cough drops.

## INFORMATIONAL CLASSES:

- **ECUA RECYCLING:** Jim Roberts, Emerald Coast Utilities Authority (ECUA) public information officer, will create public awareness and provide instruction on recommended environmental strategies. Cost: complimentary.
- **MYTHOSOPHY®:** What are myths, legends, and fables? Mythosophy® means the Wisdom of Myth. Come explore how hidden wisdom can be revealed in the old stories and the words we use. A transformational technique "Thinking Mythically" will be offered. Cost: Complimentary
- **NATURAL REMEDIES FOR YOUR GARDEN:** Learn all about natural gardening using natural remedies with heirloom gardener Cat McCreery. Cost: complimentary.