

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 *Sign up for these classes ahead of time in store or online			1 LEAPS 10 am-11:30am Group Meditation 7:15- 8:30pm Vinyasa Yoga Flow 6-7PM	2 La Leche League 10am-12pm League of Women Voters – Equal Means Equal movie 6:30pm	3 Natural Remedies for your Garden 10-11:30am Pilates Mat 1:30-2:30pm CANCELED	4 *Debby's Kitchen Holiday Appetizers 10am- 12pm CROHN'S & COLITIS SUPPORT GROUP 6:30pm
5 Group Meditation Workshop 9am-10:30	6 Cat's Seed to Table Cooking 11:30am-1:30pm PILATES MAT 1:30-2:30PM	7 *Story Sprouts 10am–noon Funky Yoga Flow 6-7pm Healing Clinic & Meditation 7:15-8:30pm	8 *Story Seedlings 2:45pm-4pm Group Meditation 7:15- 8:30pm Vinyasa Yoga Flow 6-7PM	9 End of Year Potluck Natural Healing/ Cancer Study 6-8:30pm	10 Pilates Mat 1:30-2:30pm Gay Grassroots 6-8pm	11 Veterans Day Aromatherapy Pain Relief 11am- 1pm
12 Group Meditation Workshop 9AM-10:30	13 ECUA “Green Wave Coming” 3-4PM Pilates Mat 1:30-2:30PM Threats to Local Coral Reefs 6:30PM UWF STUDENT	14 *Story Sprouts 10am–noon Funky Yoga Flow 6-7pm Healing Clinic & Meditation 7:15-8:30pm	15 Group Meditation 7:15- 8:30pm Vinyasa Yoga Flow 6-7PM	16 Veteran's Meeting 4-6:30PM	17 Pilates Mat 1:30-2:30pm	18 LEAPS 10 am-11:30am *Pat Johnson (Tamales) 2-4pm
19 Group Meditation Workshop 9AM-10:30	20 Pilates Mat 1:30-2:30PM	21 *Story Sprouts 10am–noon Funky Yoga Flow 6-7pm Healing Clinic & Meditation 7:15-8:30pm	22 Vinyasa Yoga Flow 6-7PM Group Meditation 7:15- 8:30PM	23 Thanksgiving Day Store is Closed 	24 Pilates Mat 1:30-2:30pm	25 Wisdom of Myth w/ Scott Davis 11am-1pm
26 Group Meditation Workshop 9-10:30am	27 Board Meeting Cancelled Pilates Mat 1:30-2:30pm	28 *Story Sprouts 10am–noon Funky Yoga Flow 6-7pm Healing Clinic & Meditation 7:15-8:30pm	29 Group Meditation 7:15- 8:30pm Vinyasa Yoga Flow 6-7PM	30		

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).
- **TAMALE MAKING:** During the event we'll discuss all things "Tamale" and actually make some Tamales during the class. We'll be doing a hands on class allowing everyone (who wants to) to personally make a "Tamal" (one) or Tamales (plural). Come learn how to assemble and cook these tasty treats. Cost: 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.
- **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.
- **AROMATHERAPY – Pain Relief (with Diana Pereira)** Come explore natural options for pain relief including herbal assistants, essential oils and more. Be ready to explore options that support lowering the inflammatory response and bringing the body back into homeostasis.

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.
- **THREATS TO LOCAL CORAL REEFS** Hear UWF marine biology students provide information on the threats facing our local coral reef ecosystems and preventative measures, including reducing the use of plastics. Cost: complimentary.
- **EQUAL MEANS EQUAL** Film Screening The Pensacola Chapter of the League of Women Voters will show the non-partisan film that will be followed by a short discussion. Cost: complimentary. More at <http://equalmeansequal.com/>.