



Ventnor Botanic Garden

Well-being Classes Summer 2025



Day	Time	Type	Teacher	Area	Price	Description
Monday	10:00 - 11:00	Tai chi	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	11.30 - 12.45	Scaravelli Yoga	Louisa	Echium	£10	Discover natural strength, grace and ease of movement through Scaravelli inspired yoga and breathwork.
Tuesday	09.30 - 11.00	Hatha Yoga	Trish	Echium	£10	Traditional mat-based Hatha yoga, stretch, strengthen and relax. Including gentle Somatic release movements.
	12.00 - 13.00	Qigong	Garry	Echium	£8	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position.
Wednesday	09.30-10.30	Tai Chi	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	10.30-11.30	Tai Chi	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	10.30-11.30	Release	Firebird	Canna	£10	A marvellous mixture of mindfulness, meditation,, movement and music. No experience necessary.
	11.45-12.45	Firebird Movement	Firebird	Canna	£8	Movement sessions, variety of tracks – chill, groove & energy. Simple moves. No experience necessary.
Thursday	10.00-11.00	Burlesque Chair Dance	Coco	Echium	£10	Get fit, lose weight, build confidence, have fun! Learn a new dance fitness routine every month.
	11.15-12.15	Flex it Unisex Stretch	Coco	Echium	£9	Deeply relaxing unisex stretch class, ending with a guided meditation.
	12:30 - 13:30	Qigong	Garry	Echium	£8	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position.
Friday	09.30-11.00	Yoga with Mark	Mark	Echium	£9/12	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere.
	11.15-12.15	Tai chi	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	Back in the Autumn	Yoga	Lisa	Canna or Echium	£10	A Hatha yoga practice designed to connect mind, body and breath. Promotes relaxation whilst building inner strength & increased flexibility.
Saturday	09.30 - 10.30	Yoga with Mark	Mark	Echium	£10	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere.
Sunday	10.30 - 11.30	Hoop Drum Journey Meditation	Karina	Echium	£10	Step into a rhythmic, meditative space guided by the steady beat of the hoop drum.. This group journey is designed to help you quiet the mind, connect inward, and explore your inner landscape.
	2pm Please check website for times	Gong & Sound Bath	Mel	Echium	£14	A Deeply immersive, full-body listening experience using gentle yet powerfully therapeutic and transformative sound waves using Gongs, Bowls, Chimes & Percussion. www.echometherapy.co.uk