



## THE WELLBEING EXPERIENCE

# AUGUST SCHEDULE

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE [www.botanic.co.uk](http://www.botanic.co.uk)  
[www.facebook.com/thewellbeingexperience](https://www.facebook.com/thewellbeingexperience)

FOR BOOKINGS & ENQUIRIES CONTACT 01983 855397 OR [WELLBEING@BOTANIC.CO.UK](mailto:wellbeing@botanic.co.uk)

### MONTHLY TREATS

#### SERENITY SOUND HEALING - GONG BATH

Each person's experience is unique to them. Some people use the time just to relax, others to meditate, others have visual journeys and others use the time and sound waves to assist the body with healing itself. This time is uniquely yours for you to let go of everyday life and allow yourself to relax and heal.

**Tuesday 22nd August @ 19:15 - 20:30 (doors closed at 19:30) £5 each**

#### HEALING FESTIVAL

Qualified therapists of different backgrounds are here to help, to explain, teach and heal. A minor injury; bad posture at the computer or family stress for example can affect other parts of your body and have a negative effect on your energy flow and overall health. Learn how the importance of breathing, diet and regular exercise can lead to a healthier, more balanced lifestyle, mentally, physically and spiritually.

**Sunday 27th August @ 10.00-18.00 Standard Garden Admission**

## WEEKLY REGULARS

<b>MONDAY:</b>	<b>YOGA NIDRA - SUE BOLTON</b>	<b>9.30 - 11.30</b>
	<b>REIKI WITH AMA (booking required)</b>	<b>16:00 - 18:30</b>
	<b>TAI CHI - GARRY BRINDLEY</b>	<b>18.00 - 19.00</b>
<b>TUESDAY:</b>	<b>TAI CHI - GARRY BRINDLEY</b>	<b>13.00 - 14.00</b>
	<b>REIKI WITH AMA (booking required)</b>	<b>13:30 - 16:30</b>
<b>WEDNESDAY:</b>	<b>TAI CHI - GARRY BRINDLEY</b>	<b>13.00-14.00</b>
<b>THURSDAY:</b>	<b>TAI CHI - GARRY BRINDLEY</b>	<b>13.00 - 13.45</b>
<b>SATURDAY:</b>	<b>ASHTANGA YOGA - SHENNON SLADE</b>	<b>9:30 - 11:00</b>

### CLASS/WORKSHOP GUIDE

**GREEN: SUITABLE FOR BEGINNERS/ALL LEVELS/ABILITIES**

**ORANGE: SUITABLE FOR INTERMEDIATE/ADVANCED**

**PURPLE: SUITABLE FOR PREGNANCY/YOUNG CHILDREN**

### REIKI IN THE GARDEN WITH AMA

Come and enjoy a beautiful reiki treatment in the tranquillity of the Garden with our fully qualified practitioner Ama Boisard who has over 10 years experience working with this wonderful practice..

Come in and visit her on Monday evenings and Tuesday afternoons, call any time during the week for a treatment within the hour, or to book your session in advance.

Call 01983 855397 or email [wellbeing@botanic.co.uk](mailto:wellbeing@botanic.co.uk)

Contact Katie on [katie.radburn@botanic.co.uk](mailto:katie.radburn@botanic.co.uk) or **01983 855397**