



THE WELLBEING EXPERIENCE

OCTOBER SCHEDULE

FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE www.botanic.co.uk
www.facebook.com/thewellbeingexperience

FOR BOOKINGS & ENQUIRIES CONTACT 01983 855397 OR 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 24th October @ 19:15 - 20:30 (doors closed at 19:30) £5 each



WEEKLY REGULARS

<u>MONDAY:</u>	YOGA NIDRA - SUE BOLTON	9.30 - 11.30
	TAI CHI - GARRY BRINDLEY	18.00 - 19.00
<u>TUESDAY:</u>	TAI CHI - GARRY BRINDLEY	13.00 - 14.00
<u>WEDNESDAY:</u>	TAI CHI - GARRY BRINDLEY	13.00- 14.00
<u>THURSDAY:</u>	TAI CHI - GARRY BRINDLEY	13.00 - 13.45
<u>FRIDAY:</u>	BRITISH WHEEL YOGA - MARK HOLDEN	09.30-11.00
<u>SATURDAY:</u>	ASHTANGA YOGA - SHENNON SLADE	9:30 - 11:00

CLASS/WORKSHOP GUIDE

GREEN: SUITABLE FOR BEGINNERS/ALL LEVELS/ABILITIES

ORANGE: SUITABLE FOR INTERMEDIATE/ADVANCED

PURPLE: SUITABLE FOR PREGNANCY/YOUNG CHILDREN

WEDNESDAY 4TH OCTOBER:

DRU YOGA - HILARY **18.30-19.30**

Unwind, relax, stretch, restore.

This will be a class to help us adjust to the change of seasons, reconnect to nature, to find balance and clarity for the way ahead.

Price £10 payable on the evening. Please contact Hilary to book a place

07506 711774 / hilary.pilates@hotmail.com

Contact Katie on katie.radburn@botanic.co.uk or **01983 855397**