



THE WELLBEING EXPERIENCE

DECEMBER

SCHEDULE

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 19th December @ 19:15 - 20:30 (doors closed at 19:30) £5 each



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

WEEKLY REGULARS

<u>MONDAY:</u> YOGA NIDRA - SUE BOLTON	9.30 - 11.30
CHI KUNG - GARRY BRINDLEY	18.00 - 19.00
<u>TUESDAY:</u> CHI KUNG - GARRY BRINDLEY	13.00 - 14.00
<u>WEDNESDAY:</u> CHI KUNG - GARRY BRINDLEY	13.00- 14.00
<u>THURSDAY:</u> CHI KUNG - 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

WEDNESDAY 6TH DECEMBER:

DRU YOGA - HILARY 18.00-19.30

An oasis of calm in the hustle and bustle.

Gently stretch, unwind, re-energise, refresh.

A class to help find stillness and clarity to take you forward into the New Year

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

07506 711774 / hilary.pilates@hotmail.com