

## Wellbeing @ Ventnor Botanic Garden



May 2018 Tue Wed Thu Fri Sat Sun Mon 2 3 5 4 6 Chi Kung with Chi Kung with Garry Chi Kung with Garry Chi Kung with Garry Yoga with Yoga Nidra Ashtanga Yoga with Garry Brindley Mark Holden with Sue Brindley Brindley Shennon Slade Brindley FREE TASTER SESSION Bolton 9:30-11:00 13:00-14:00 13:00-14:00 13:00-14:00 09:30-11:00 11:00-12:00 10:30-12:00 13 10 Yoga Nidra Chi Kung Chi Kung with Garry Chi Kung Chi Kung with Garry Yoga with Yoga Nidra Ashtanga Yoga with Dru Yoga Mark Holden with Sue with Sue with Garry with Garry with Hilary Brindley Shennon Slade Brindley Bolton Bolton Brindley Brindley 9:30-11:00 18:00-19:30 13:00-14:00 09:30-11:00 13:00-14:00 10:30-12:00 09:30-11:00 18:00-19:00 13:00-14:00 17 15 18 19 20 14 16 Chi Kung Yoga Nidra Yoga with Yoga Nidra Chi Kung with Gary Chi Kung with Garry Chi Kung with Garry Ashtanga Yoga with with Garry with Sue with Sue Mark Holden Brindley Brindley Shennon Slade Brindlev Bolton Bolton Brindley 9:30-11:00 13:00-14:00 13:00-14:00 13:00-14:00 10:30-12:00 09:30-11:00 18:00-19:00 09:30-11:00 23 24 27 21 22 25 26 Chi Kung Yoga Nidra Ashtanga Yoga with Chi Kung with Gary Yoga with Chi Kung with Garry Chi Kung with Garry Yoga Nidra with Sue with Garry Mark Holden with Sue Shennon Slade Brindley **Brindley** Brindley Bolton Brindley Bolton 9:30-11:00 09:30-11:00 13:00-14:00 13:00-14:00 13:00-14:00 09:30-11:00 18:00-19:00 10:30-12:00 30 31 28 29 Chi Kung Yoga Nidra Chi Kung with Gary Chi Kung with Garry Chi Kung with Garry with Sue with Garry **Brindley Brindley** Brindley Bolton Brindley 13:00-14:00 13:00-14:00 13:00-14:00 09:30-11:00 18:00-19:00