



Wellbeing @ Ventnor Botanic Garden



May 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Chi Kung with Garry Brindley 13:00-14:00	2 Chi Kung with Garry Brindley 13:00-14:00	3 Chi Kung with Garry Brindley 13:00-14:00	4 Yoga with Mark Holden 9:30-11:00 Yoga Nidra with Sue Bolton 10:30-12:00	5 Ashtanga Yoga with Shennon Slade 09:30-11:00	6 Chi Kung with Garry Brindley FREE TASTER SESSION 11:00-12:00
7 Yoga Nidra with Sue Bolton 09:30-11:00	8 Chi Kung with Garry Brindley 18:00-19:00	9 Chi Kung with Garry Brindley 13:00-14:00 Dru Yoga with Hilary 18:00-19:30	10 Chi Kung with Garry Brindley 13:00-14:00	11 Yoga with Mark Holden 9:30-11:00 Yoga Nidra with Sue Bolton 10:30-12:00	12 Ashtanga Yoga with Shennon Slade 09:30-11:00	13
14 Yoga Nidra with Sue Bolton 09:30-11:00	15 Chi Kung with Garry Brindley 18:00-19:00	16 Chi Kung with Garry Brindley 13:00-14:00	17 Chi Kung with Garry Brindley 13:00-14:00	18 Yoga with Mark Holden 9:30-11:00 Yoga Nidra with Sue Bolton 10:30-12:00	19 Ashtanga Yoga with Shennon Slade 09:30-11:00	20
21 Yoga Nidra with Sue Bolton 09:30-11:00	22 Chi Kung with Garry Brindley 18:00-19:00	23 Chi Kung with Garry Brindley 13:00-14:00	24 Chi Kung with Garry Brindley 13:00-14:00	25 Yoga with Mark Holden 9:30-11:00 Yoga Nidra with Sue Bolton 10:30-12:00	26 Ashtanga Yoga with Shennon Slade 09:30-11:00	27
28 Yoga Nidra with Sue Bolton 09:30-11:00	29 Chi Kung with Garry Brindley 18:00-19:00	30 Chi Kung with Garry Brindley 13:00-14:00	31 Chi Kung with Garry Brindley 13:00-14:00			