

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 Garry Brindley Mark Holden with Sue Brindley Brindley **Brindley** FREE TASTER SESSION Bolton 9:30-11:00 13:00-14:00 13:00-14:00 13:00-14:00 11:00-12:00 10:30-12:00 10 12 13 0 Chi Kung Yoga Nidra Chi Kung with Garry Chi Kung Chi Kung with Garry Yoga with Yoga Nidra Dru Yoga Mark Holden with Sue with Sue with Garry with Garry with Hilary Brindley Brindley Bolton Bolton Brindley Brindley 9:30-11:00 18:00-19:30 13:00-14:00 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 with Garry with Sue with Sue Mark Holden Brindley Brindley Brindley Bolton Bolton Brindley 9:30-11:00 13:00-14:00 13:00-14:00 13:00-14:00 10:30-12:00 18:00-19:00 09:30-11:00 23 24 21 22 25 26 27 Yoga Nidra Chi Kung Chi Kung with Gary Yoga with Chi Kung with Garry Chi Kung with Garry Yoga Nidra with Sue with Garry Mark Holden with Sue Brindley **Brindley Brindley** Bolton Brindley Bolton 9:30-11:00 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