



Wellbeing @ Ventnor Botanic Garden



June 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 Chi Kung with Garry Brindley FREE TASTER SESSION 11:00-12:00
4 Yoga Nidra with Sue Bolton 09:30-11:00	5 Chi Kung with Garry Brindley 18:00-19:00	6 Yoga with Trish Campbell 10:00-11:30	7 Chi Kung with Garry Brindley 13:00-14:00	8 Dru Yoga with Hilary 18:00-19:30	9 Chi Kung with Garry Brindley 13:00-14:00	10 Yoga with Mark Holden 9:30-11:00
					9 YOGA VIBE Please see our website for more details	10 YOGA VIBE Please see our website for more details
11 Yoga Nidra with Sue Bolton 09:30-11:00	12 Chi Kung with Garry Brindley 18:00-19:00	13 Yoga with Trish Campbell 10:00-11:30	14 Chi Kung with Garry Brindley 13:00-14:00	15 Yoga Life with Nicki Short 10:00-11:30	16 Chi Kung with Garry Brindley 13:00-14:00	17 Chi Kung with Garry Brindley 13:00-14:00
18 Yoga Nidra with Sue Bolton 09:30-11:00	19 Chi Kung with Garry Brindley 18:00-19:00	20 Yoga with Trish Campbell 10:00-11:30	21 Chi Kung with Garry Brindley 13:00-14:00	22 Yoga Life with Nicki Short 10:00-11:30	23 Chi Kung with Garry Brindley 13:00-14:00	24 Chi Kung with Garry Brindley 13:00-14:00
						24 Midsummer Yoga Day Retreat with Emma Goodier 10:00-17:00
25 Yoga Nidra with Sue Bolton 09:30-11:00	26 Chi Kung with Garry Brindley 18:00-19:00	27 Yoga with Trish Campbell 10:00-11:30	28 Chi Kung with Garry Brindley 13:00-14:00	29 Yoga Life with Nicki Short 10:00-11:30	30 Chi Kung with Garry Brindley 13:00-14:00	