



Wellbeing @ Ventnor Botanic Garden



July 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun			
30 Yoga Nidra with Sue Bolton 09:30-11:00	Chi Kung with Garry Brindley 18:00-19:00					1			
2 Yoga Nidra with Sue Bolton 09:30-11:00	Chi Kung with Garry Brindley 18:00-19:00	3 Yoga with Trish Campbell 10:00-11:30	4 Chi Kung with Garry Brindley 13:00-14:00	Yoga Life with Nicki Short 10:00-11:30	5 Chi Kung with Garry Brindley 13:00-14:00	6 Chi Kung with Garry Brindley 13:00-14:00	7 Yoga with Mark Holden 9:30-11:00	8	
9 Yoga Nidra with Sue Bolton 09:30-11:00	Chi Kung with Garry Brindley 18:00-19:00	10 Yoga with Trish Campbell 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	11 Yoga Life with Nicki Short 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	12 Chi Kung with Garry Brindley 13:00-14:00	13 Yoga with Mark Holden 9:30-11:00	14	15
16 Yoga Nidra with Sue Bolton 09:30-11:00	Chi Kung with Garry Brindley 18:00-19:00	17 Yoga with Trish Campbell 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	18 Yoga Life with Nicki Short 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	19 Chi Kung with Garry Brindley 13:00-14:00	20 Yoga with Mark Holden 9:30-11:00	21	22
23 Yoga Nidra with Sue Bolton 09:30-11:00	Chi Kung with Garry Brindley 18:00-19:00	24 Yoga with Trish Campbell 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	25 Yoga Life with Nicki Short 10:00-11:30	Chi Kung with Garry Brindley 13:00-14:00	26 Chi Kung with Garry Brindley 13:00-14:00	27 Yoga with Mark Holden 9:30-11:00	28	29