

WELLBEING AT VENTNOR BOTANIC GARDEN

Undercliff Drive, Ventnor, Isle of Wight PO38 1UL Tel: 01983 855397

SEPTEMBER 2018

www.botanic.co.uk/wellbeing



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9.30am – 11.00am Yoga Flow (Shennon Slade)	2
3 9.30am – 11.00am Yoga Nidra (Sue Bolton) 6.00pm – 7.00pm Chi Kung (Garry Brindley)	4 10.00am – 11.30am Yoga (Trish Campbell) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	5 9.30am – 11.00am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	6 1.00pm – 2.00pm Chi Kung (Garry Brindley)	7 9.30am – 11.00am Yoga Wheel (Mark Holden)	8 9.30am – 11.00am Yoga Flow (Shennon Slade)	9
10 9.30am – 11.00am Yoga Nidra (Sue Bolton) 6.00pm – 7.00pm Chi Kung (Garry Brindley)	11 10.00am – 11.30am Yoga (Trish Campbell) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	12 9.30am – 11.00am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	13 1.00pm – 2.00pm Chi Kung (Garry Brindley)	14 9.30am – 11.00am Yoga Wheel (Mark Holden)	15 9.30am – 11.00am Yoga Flow (Shennon Slade)	16
17 9.30am – 11.00am Yoga Nidra (Sue Bolton) 6.00pm – 7.00pm Chi Kung (Garry Brindley)	18 10.00am – 11.30am Yoga (Trish Campbell) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	10 9.30am – 11.00am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	20 1.00pm – 2.00pm Chi Kung (Garry Brindley)	21 9.30am – 11.00am Yoga Wheel (Mark Holden)	22 9.30am – 11.00am Yoga Flow (Shennon Slade)	23
24 9.30am – 11.00am Yoga Nidra (Sue Bolton) 6.00pm – 7.00pm Chi Kung (Garry Brindley)	25 10.00am – 11.30am Yoga (Trish Campbell) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	26 9.30am – 11.00am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	27 1.00pm – 2.00pm Chi Kung (Garry Brindley)	28 9.30am – 11.00am Yoga Wheel (Mark Holden)	29 9.30am – 11.00am Yoga Flow (Shennon Slade)	30