

WELLBEING AT VENTNOR BOTANIC GARDEN

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

NOVEMBER 2018

www.botanic.co.uk/wellbeing



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 1.00pm – 2.00pm Chi Kung (Garry Brindley)	2 9.30am – 11.00am Yoga Wheel (Mark Holden)	3 9.30am – 11.00am Yoga Flow (Shennon Slade)	4
5 9.30am – 11.00am Yoga Nidra (Sue Bolton)	6 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	7 10.00am – 11.30am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	8 1.00pm – 2.00pm Chi Kung (Garry Brindley)	9 9.30am – 11.00am Yoga Wheel (Mark Holden)	10 9.30am – 11.00am Yoga Flow (Shennon Slade)	11
12 9.30am – 11.00am Yoga Nidra (Sue Bolton)	13 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	14 10.00am – 11.30am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	15 1.00pm – 2.00pm Chi Kung (Garry Brindley)	16 9.30am – 11.00am Yoga Wheel (Mark Holden)	17 9.30am – 11.00am Yoga Flow (Shennon Slade)	18
19 9.30am – 11.00am Yoga Nidra (Sue Bolton)	20 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	21 10.00am – 11.30am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	22 1.00pm – 2.00pm Chi Kung (Garry Brindley)	23 9.30am – 11.00am Yoga Wheel (Mark Holden)	24 9.30am – 11.00am Yoga Flow (Shennon Slade)	25
26 9.30am – 11.00am Yoga Nidra (Sue Bolton)	27 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	28 10.00am – 11.30am Yoga Life (Nickie Short) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	29 1.00pm – 2.00pm Chi Kung (Garry Brindley)	30 9.30am – 11.00am Yoga Wheel (Mark Holden)		