

WELLBEING AT VENTNOR BOTANIC GARDEN

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DECEMBER 2018

www.botanic.co.uk/wellbeing



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1 9.30am – 11.00am Yoga Flow (Shennon Slade)	2
3 9.30am – 11.00am Yoga Nidra (Sue Bolton)	4 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	5 10.00am – 11.30am 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)	11 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	12 10.00am – 11.30am 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	16
17 9.30am – 11.00am Yoga Nidra (Sue Bolton)	18 09.30am – 11.00am Yoga (Trish Campbell) 11.30am – 12.30pm Tai Chi (Tony Bellis) 1.00pm – 2.00pm Chi Kung (Garry Brindley)	19 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	25	26	27	28	29	30