

VENTNOR BOTANIC

WELLBEING



WEEKLY CLASSES

YOGA NIDRA MONDAY 09.30-11.00

YOGA HATHA TUESDAY 09.30-11.00

YOGA BIHAR WEDNESDAY 09.30-11.00

YOGA BRITISH WHEEL FRIDAY 09.30-11.00

YOGA ASHTANGA SATURDAY 09.30-11.00

TAI CHI TUESDAY / FRIDAY 11.30-12.30

CHI KUNG TUESDAY / WEDNESDAY / THURSDAY 13.00-14.00

PILATES WEDNESDAY 12.30-13.30

THERAPIES

AROMATHERAPY MASSAGE APPOINTMENTS: 07562 983472 - CLAIR

NECK/SHOULDER MASSAGE APPOINTMENTS: 07484 140564 - GARRY

REFLEXOLOGY APPOINTMENTS: 07787 523656 - ANNA

REFLEX LYMPHATIC DRAINAGE APPOINTMENTS: 07805 574112 - MELANIE

SUMMER EVENTS

YOGA VIBE 21/23 JUNE

VEGAN FESTIVAL 21 JULY

WELLBEING FESTIVAL 24/26 AUGUST
