

VENTNOR BOTANIC

# WELLBEING



## WEEKLY CLASSES

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YOGA NIDRA MONDAY 09.30-11.00

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YOGA HATHA TUESDAY 09.30-11.00

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YOGA BIHAR WEDNESDAY 09.30-11.00

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YOGA BRITISH WHEEL FRIDAY 09.30-11.00

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YOGA ASHTANGA SATURDAY 09.30-11.00

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TAI CHI TUESDAY / WEDNESDAY / FRIDAY 11.30-12.30

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CHI KUNG TUESDAY / WEDNESDAY / THURSDAY 13.00-14.00

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PILATES WEDNESDAY 12.30-13.30

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## THERAPIES

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AROMATHERAPY MASSAGE APPOINTMENTS: CLAIR - 07562 983472

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REFLEXOLOGY APPOINTMENTS: ANNA - 07787 523656

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REFLEX LYMPHATIC DRAINAGE APPOINTMENTS: MELANIE - 07805 574112

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EMOTIONAL FREEDOM TECHNIQUES APPOINTMENTS: DAWN - 07435 564542

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NATURAL PAIN RELIEF APPOINTMENTS: KIM - 07956 424680

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REIKI APPOINTMENTS: DANA - 07879 021521

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## SUMMER EVENTS

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YOGA VIBE 21/23 JUNE

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VEGAN FESTIVAL 21 JULY

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WELLBEING FESTIVAL 24/26 AUGUST

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