

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 / WEDNESDAY / FRIDAY 11.30-12.30

QIGONG TUESDAY / WEDNESDAY / THURSDAY 13.00-14.00

PILATES WEDNESDAY 12.30-13.30 - booking required, Catherine 07970 874021

THERAPIES

AROMATHERAPY MASSAGE APPOINTMENTS: CLAIR - 07562 983472

REFLEXOLOGY APPOINTMENTS: ANNA - 07787 523656

REFLEX LYMPHATIC DRAINAGE APPOINTMENTS: MELANIE - 07805 574112

EMOTIONAL FREEDOM TECHNIQUES APPOINTMENTS: DAWN - 07435 564542

NATURAL PAIN RELIEF APPOINTMENTS: KIM - 07956 424680

REIKI APPOINTMENTS: DANA - 07879 021521

SUMMER EVENTS

YOGA VIBE 21/23 JUNE

VEGAN FESTIVAL 21 JULY

WELLBEING FESTIVAL 24/26 AUGUST
