



# VENTNOR BOTANIC GARDEN

## Weekly Wellbeing Schedule

### MONDAYS

09:30-11:00 YOGA NIDRA with SUE BOLTON  
10:30-11:30 TAI CHI with TONY BELLIS  
13:30-14:45 CREATIVE DANCE with MICHELLE

### TUESDAYS

09:30-11:00 YOGA with TRISH CAMBELL  
12:00-13:00 QIGONG with GARRY BRINDLEY

### WEDNESDAYS

10:30-11:30 TAI CHI with TONY BELLIS

### THURSDAYS

09:30-10:30 SERENITY SOUND MEDITATION  
10:30-11:30 RE-FLO with HELENA BIGGS  
12:00-13:00 QIGONG with GARRY BRINDLEY

### FRIDAYS

09:30-11:00 BRITISH YOGA WHEEL  
with MARK HOLDEN  
10:30-11:30 TAI CHI with TONY BELLIS  
16:00-18:00 CHESS CLUB

