

# Yoga Vibe 2021

Ventnor Botanic Garden

**9:30-11:00**

## **Yoga with Mark Holden - *Echium Room***

"In over 10 years of teaching, experience shows me that every student is an individual, and my classes are carefully crafted to create both enjoyment and challenge that is appropriate to all levels of ability, with use of alternatives and modifications".

## **Scaravelli Yoga with Erling McCracken - *Canna Room***

Scaravelli inspired yoga is a sensitive, intelligent approach to yoga practice, informed by a contemporary understanding of how humans work.

**11:30-13:00**

## **Yoga with Sue Bolton - *Echium Room***

Enjoy a beautifully gentle restorative yoga flow & a deeply relaxing guided meditation in the healing grounds of the botanic Gardens giving your body & mind a chance to free itself, unwind and let go. Feel the benefits after just one session!

## **Qigong with Garry Brindley - *Canna Room***

Qigong is a gentle exercise composed of a series of movements repeated a number of times, promoting the relief or prevention of chronic health problems and providing inner tranquillity.

**13:00-14:00**

## **Lunch**

A nutritious selection of food and drink freshly prepared by our Chef

**14:00-15:30**

## **Serenity Sound Bath with Steve Woodford- *Echium Room***

Come along and join us for a bathe in the vibrations of the gongs and bowls and go on your own inner journey.

## **Re-Flo with Helena Biggs - *Canna Room***

A slow pace fusion of several yoga styles with a focus on core strength and spinal mobility created by Helena after years of performance, dance, yoga and fitness training. She includes Hatha still postures and short Vinyasa flow sections.

**15:45-17:15**

## **Forest Bathing Isle of Wight - *Echium Room***

A facilitated venture into Nature; allowing you to open your senses and create balance for your body, mind and spirit encouraging you to slow down, breathe deeply and open your senses.

**18:00**

## **Closing Space with Steve Woodford**