



VENTNOR BOTANIC GARDEN

Weekly Wellbeing Schedule

MONDAYS

09:30-11:00	YOGA NIDRA with SUE BOLTON
11:15-12:15	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
19:00-20:00	SERENITY SOUND MEDITATION

WEDNESDAYS

10:30-11:30	TAI CHI with TONY BELLIS
18:00-19:15	SLOW RE-FLOW with HELENA BIGGS

THURSDAYS

09:30-10:30	SERENITY SOUND MEDITATION
10:30-11:30	RE-FLO with HELENA BIGGS
10:30-11:30	BURLESQUE CHAIR DANCING with COCO MONROE
12:00-13:00	QIGONG with GARRY BRINDLEY
17:30-19:30	FOREST BATHING ISLE OF WIGHT

FRIDAYS

09:30-11:00	BRITISH YOGA WHEEL with MARK HOLDEN
11:15-12:15	TAI CHI with TONY BELLIS
16:00-18:00	CHESS CLUB

Booking recommended, please contact info@botanic.co.uk
Visit www.botanic.co.uk for class descriptions

