



# VENTNOR BOTANIC GARDEN

## Weekly Wellbeing Schedule

### MONDAY

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

### TUESDAY

09:30-11:00 YOGA with TRISH CAMBELL  
19:00-20:00 SERENITY SOUND MEDITATION

### WEDNESDAY

09:30-10:30 TAI CHI with TONY BELLIS  
10:30-11:30 TAI CHI with TONY BELLIS  
18:00-19:15 SLOW RE-FLOW - HELENA BIGGS

### THURSDAY

10:30-11:30 RE-FLO with HELENA BIGGS  
10:30-11:30 BURLESQUE CHAIR DANCING  
with COCO MONROE  
Afternoon FOREST BATHING with  
ANTHEA PAYNE

### FRIDAY

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

Booking recommended, please contact [info@botanic.co.uk](mailto:info@botanic.co.uk)

Visit [www.botanic.co.uk](http://www.botanic.co.uk) for class descriptions