



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
	12:00-13:00	QIGONG with GARRY BRINDLEY
	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
THURSDAY	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
FRIDAY	09:30-11:00	MARK HOLDEN – BYW (YOGA)
	11:15-12:15	TAI CHI with TONY BELLIS
	16:00-18:00	CHESS CLUB
SATURDAY	10:30-11:30	RE-FLO with HELENA BIGGS

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

