

## **Wellbeing Vibe - 2022 - Schedule & Our Teachers.**

### **Class descriptions & Teachers.**

#### **Hatha Yoga with Trish -**

Accessible to all, regardless of age, body type and ability. Her yoga classes include the physical practice of asanas, breath-work or pranayama, meditation and relaxation.

#### **Sunshine sessions with firebird -**

Sessions to lift your spirits and feed your soul through music and movement, run by Dani Johnson of Firebird. No need to have any dance experience or rhythm. Those with two left feet welcome! Dance to the beat of your own drum. Simple movements to explore in your own way to various music tracks. You can't get it wrong – it's your dance. Be as creative or minimalistic as you feel. You won't even realise you're exercising. Emphasis is on fun, flow and just moving your body.

#### **Childrens Story time with Steph -**

Join Steph storyteller at the pond by *edulis* Restaurant for tales from around the world. Suitable for Children of all ages.

## **Release with Firebird -**

A marvellous mixture of mindfulness, meditation, music and movement, run by Dani Johnson of Firebird. These sessions are designed to allow you to release tension and let go. Whether you are overwhelmed, stressed, lacking in confidence, anxious, or just plain tired, these sessions will help you to find tools that you can use in everyday life, outside of class, to allow you to feel lighter and more relaxed, whilst learning to listen to your body.

## **Garry Qigong with Garry -**

An ancient Chinese programme performed in a standing position, suitable for all levels of fitness. It contains movements repeated a number of times which improves breathing, balance, joint and muscle flexibility. Qigong also helps to relax the mind. Loose clothing is recommended.

## **Tai chi with Tony -**

A series of slow body movements combined as a flowing exercise. Helpful in achieving a state of physical and mental relaxation while also strengthening cardiovascular and immune systems. Suitable for all fitness levels and proficiency. Loose clothing and soft shoes advisable.

## **Dancasana with Helena -**

A mindful movement workshop designed to release and re-energise a natural flow of energy in body and mind.

## **British wheel of yoga with Mark -**

Yoga with Mark is suitable for all levels as my style of teaching offers modifications or alternatives for varying abilities. Trained and qualified with the British Wheel of Yoga my 20 years yoga teaching finds me passionate about sharing the benefits of yoga for both physical and mental wellbeing in a way that is both relevant and functional. Join us in this warm and friendly environment to see what this yoga can do for you.

## **Creative Dance with Michelle -**

A lovely, joyful, expressive and inclusive class combining elements of modern dance with ballet.” “Good for mind, body and soul.”

Michelle Hainsworth has been teaching in schools, colleges and the community for 26 years and now specialises in dance for mature movers. To allow for social distancing, booking is essential.

## **Breath-work with Helena -**

60 mins of breath-work. The fundamentals of all practice for mind and body.. A still class, focused with breath work to invigorate and enliven a stagnant state of being. Wake up lungs and central nervous system and remind how to breath together so that we can alone. And visa versa.

## **Zumba with Sarah -**

A Latin and world-rhythms dance inspired fitness class. Whether it's Salsa, Reggaeton or Bhangra, this workout is fun, energetic and has the feel-good factor! Follow along the simple steps for each routine in this full body workout, and forget that you are in a fitness class. This party is suitable for all ages and levels - no dance experience necessary!

## **Strictly Dance Isle of Wight with Graeme and Sally-Anne -**

An introduction to ballroom and latin dancing with a Taster class in the Cha Cha Cha for absolute beginners. Strictly fitness and fun!!!

## **Mind-fullness with Amanda -**

Welcome to a taste of Mindfulness with Amanda. We will be practicing Mindful Self-Compassion. This will include mindful self-compassion meditation practices, poetry and plenty of opportunity for you to really take care of yourself. It doesn't matter if you are an experienced meditator or have never meditated before.

## **Pilates with Penny -**

Mat-based Pilates, suitable for all levels. Pilates works to strengthen your core, aid in increasing flexibility, mobility and aiding activities of daily living. By focusing on movement and mindfulness, stress levels will decrease and with continued practice you will experience an improved quality of life.

## **Yoga Nidra and Aromatherapy -**

Be transported to the deeply healing and blissful state of pure presence through the ancient practice of yoga nidra and the beautiful aromas of Louisa's handcrafted and healing infused essential oil blends. You will be lying down for around 30 minutes during this guided meditative practice. No experience necessary.

## **Scaravelli Yoga -**

A mindful, slow and deeply explorative Scaravelli Yoga class suitable for all. Whether you are a complete beginner or a practiced yogi, find grace and ease of movement by relating to your amazing body with curiosity and wonder.

## **Sound Healing with Marguerite -**

Come and enjoy being bathed in various sounds that will vibrate and resonate within you to create balance and restoration of harmony to your system, and increase your sense of well-being. Calming your mind and body to leave you refreshed and relaxed. Each person's experience of a sound bath is unique with no right or wrong way of feeling, but after you should be grounded and enjoy an easy rest of the day and not plan anything too stressful or physical.

## **Pilates with Judith -**

Pilates uses a formation of strength exercises focusing on core strength to give you a lean, toned physique. The class generates a relaxed atmosphere using chill out music.

## **Forest/Garden Bathing with Anthea -**

This class will enable you to safely embrace the garden and immerse yourself in the beauty of nature. Lowering your blood pressure, releasing stresses, finding stillness and calm.

## **Baby wild garden bathing for mum and baby with Lizzie -**

Baby wild is a natural well-being session for pregnant women and new parents. New Mum's and Dad's welcome, with or without baby. The session combines journaling, nature art, and baby wearing. These outdoor sessions are designed to deepen your connection to yourself, your baby and nature.

## **Dru Yoga with Maggie -**

Dru yoga is a modern form of yoga using graceful and flowing sequences which incorporate classical postures . Helps reduce pain and sleeplessness and creates a sense of calm as it prepares the body/mind for meditation.

## **ILM movement with Rosalind -**

Walk/fall class- This class is inspired by the bodywork therapy of Ilan Lev method. It is open for all. During the class we will aim to bring movement and energy back into the body where maybe it has become stuck or uncomfortable. The class will consist of a series of simple provoking movements which can be followed by the participant at their own pace and intensity. Followed by a 'cleaning' of any accumulated energies and a refill of smiles and joy. This specific class will have an emphasis on the two sides of our body. Please bring a Yoga Mat and blanket.

## **Mandala Vinyasa with Olivia Emily Kate -**

Themed around the elements water, earth, fire and air, we move 360 degrees around the mat, allowing the student to get lost in a moving meditation.

## **Jump with John -**

A fun circuit outside in the Garden incorporating squats and leg work, jumps and strength work. Many movements sourced from years of ski training to build overall and core stability. Will be as tough as you like...want a great \_ \_ \_, this is your class!

## **Hot Yoga flow with Shennon -**

Hot yoga flow will open up your body, work your heart and calm your mind in equal measures. Suitable for all levels.

## **Anusara with Angie -**

Anusara is a Sanskrit word derives from the root word anu, meaning 'with' and Sara meaning 'flow'. Therefore anusara may be translated as 'flowing with grace'

Anusara celebrates life's diversity, the qualities of our heart, and seeks a connection to something greater than ourselves.

## **Voice works -**

This is the last class of the weekend before we wind down with some sound healing and final gathering in the echium room.



## Wellbeing Vibe - 2022 - Schedule

### Wellbeing Vibe 2022 - Friday 3rd June -

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TOP LAWN
16:30 - 18:00	Hatha Yoga with Trish			
18:00 - 20:00	Meet & Greet - Tavern Bar			

## Wellbeing Vibe 2022 - Saturday 4th June

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TOP LAWN
08:00 - 09:00	<b>Breakfast &amp; word from the Director - Edulis</b>			
09:00 - 10:00	Tai Chi with Tony	Breath Works with Helena	Pilates with Penny	
10:15 - 11:15	British Wheel Yoga with Mark			
11:30 - 12:30		Release with Firebird	Qi Gong with Garry	Children's Storytime 'The Lorax'
12:00 - 13:00	<b>Lunch</b>			
13:15 - 14:15	Creative Dance with Michelle	Mandala Vinyasa with Olivia Emily Kate		Zumba with Sarah
14:30 - 15:30	Strictly Dance with Graeme & Sally	Pilates with Judith		
15:00 - 16:00			Forest Bathing with Anthea	
16:00 - 17:00	Dru Yoga with Maggie			
18:00 - 20:00	<b>Dinner &amp; Drinks - Tavern Bar &amp; Edulis (Music by the fountain)</b>			

## Wellbeing Vibe 2022 - Sunday 5th June

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TROPICAL HOUSE	TOP LAWN
08:00 - 09:00	Breakfast & word from the Director - Edulis				
09:00 - 10:00	Sunshine Session with Firebird				
10:15 - 11:15		ILM Movement class with Rosalind	'Jump With John' <i>Outdoor Gym</i>		
11:30 - 12:30	Scaravelli Yoga with Louisa		Qi Gong with Garry	Hot Yoga with Shennon	Childrens Storytime with Steph
12:00 - 13:00	Lunch				
13:15- 14:15	Dancasana with Helena	Mindfulness with Amanda			
14.30- 15:30	Anusara Yoga with Angie	Yoga Nidra & Aromatherapy with Louisa			Zumba with Sarah
16.00- 16:30	Voiceworks		Forest Bathing for Mums & Babies With Lizzie		
17:00 - 18:00	Sound Healing and Closing Circle - Echium Room with Marguerite				