

## Wellbeing Vibe 2022 - Friday 3rd June

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TOP LAWN
16:30 - 18:00	Hatha Yoga - 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 - Tony	Breath Works - Helena	Penny's Pilates	
10:30 11.30	British Wheel Yoga - Mark			
11:00 - 12:00		Release - Firebird	Qi Gong - Garry	Children's Storytime
12:00 - 13:00	<b>Lunch</b>			
13:00 - 14:00	Creative Dance - Michelle	Vinyassa Flow - Olivia		Zumba - Sarah
14:30 - 15:30	Strictly Dance - Graeme & Sally	Pilates - Judith		
15:00 - 16:00			Forest Bathing - Anthea	
16:30 - 17:30	Dru Yoga - 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	<b>Breakfast &amp; word from the Director - Edulis</b>				
09:00 - 10:00	Sunshine Session - Firebird				
10:00 - 11:00		ILM Movement class - Rosalind	'Jump' with John <i>Outdoor Gym</i>		
11:00 - 12:00	Scarvelli Yoga - Louisa		Qi Gong - Garry	Hot Yoga -Shennon	Childrens Storytime
12:00 - 13:00	<b>Lunch</b>				
13:00 - 14:00	Dancasana - Helena	Mindfulness - Amanda			
14:30 - 15:30	Anusara Yoga - Angie	Yoga Nidra & Aromatherapy - Louisa			Zumba - Sarah
15:30-16:30	Voiceworks		Lizzie Forest Bathing for Mums & Babies		
17:00 - 18:00	<b>Sound Healing and Closing Circle - Echium Room with Marguerite</b>				