

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

### **Class descriptions, healing therapies & Teachers.**

Therapies - The cost of these therapies will be separate from the tickets and will take cash only unless booked in the morning and paid for in plantation cafe.

**The healing tent is situated in the marquee in the walled garden.**

**Reiki and Reflexology with Angie from 9-12 in the healing tent - £10 taster sessions Sunday morning**

**ILM therapy with Rosalind - £25 per 75 minute session Sunday on and off all day.**

### **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.

### **Arts Journaling with Lizzie on Sunday**

Find Lizzie in the garden for some fun arts and crafts utilizing fallen leaves and branches, paper and paint. Open for all ages.

## **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 storytime with Helena on Saturday**

Join Helena by the pond for a walk round the garden and storytime under the cork oak.

## **Childrens Story time with Steph on Sunday**

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**

Learn some contemporary dance technique and have fun creating a dance together. Suitable for those who already have a love of dance, and those yet to discover it.

## **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 Sarah Jane**

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.

## Rain Locations

If it's raining (even a little bit!) meet your teacher in the rain location.

Fair weather	Rain
Top Lawn	Tropical House 'Hub' (18)
New Zealand Garden	Tropical House Art Studio (19)
New Zealand Garden Forest Bathing	Tropical House 'Hub' (18)
Pond / Fountain	Wisteria Pavillion*

*\* Turn right from Fountain toward Walled Garden.  
Turn right again onto dirt path to stone bench.  
To the right of #9 on your map.*

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

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

## Wellbeing Vibe 2022 - Saturday 4th June

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TOP LAWN	FOUNTAIN COURTYARD
08:00 - 08:30	Morning Ceremony & Word from the Custodian - <i>edulis</i>				
08:30 - 11:00	Breakfast in Plantation Room Cafe				
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
12:00 - 13:00	Lunch in <i>edulis</i> Restaurant				
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 & Sarah Jane	Pilates with Judith			
15:00 - 16:00			Forest Bathing with Anthea		
16:00 - 17:00	Dru Yoga with Maggie				
18:00 - 20:00	Dinner & Drinks - Tavern Bar & <i>edulis</i> (Music by the Fountain with Ric Harris Duo)				

## Wellbeing Vibe 2022 - Sunday 5th June

	ECHIUM ROOM	CANNA ROOM	NEW ZEALAND GARDEN	TROPICAL HOUSE	TOP LAWN	FOUNTAIN COURTYARD
08:30 - 11:00	Breakfast in Plantation Room Cafe					
09:00 - 10:00	Sunshine Session with Firebird					
10:15 - 11:15		ILM Movement class with Rosalind	'Jump With John' <i>Outdoor Gym</i>	Hot Yoga with Shennon		
11:30 - 12:30	Scaravelli Yoga with Louisa		Qi Gong with Garry			Childrens Storytime with Steph
12:00 - 13:00	Lunch in <i>edulis</i> Restaurant					
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	Sound Healing With Maugerite	Forest Bathing for Mums & Babies With Lizzie			
17:00 - 18:00	Closing Circle - Echium Room					