



WELL-BEING DAY

20TH SEPTEMBER 9AM - 5PM

Join us for a one-day wellbeing experience filled with inspiring workshops, energizing smoothies, and a nourishing lunch. Re-charge your body and reset the mind in a relaxing, uplifting atmosphere!

- Full day workshops
- Meditation, Yoga, Tai Chi Free Movement, Release, Flex it & Deep Stretch, Qigong, Drum Hoop, Breath work & Sound bath
- Energizing fresh juice & nutritiously delicious & healthy lunch from our Plantation cafe.
- Opening and closing ceremonies

£54 for non-members
£44 for members

Set in the unique Ventnor Botanic Garden creating a wholesome and healing experience for the mind, body & soul among the stunning backdrop of Britain's Hottest Garden.

wellbeing@botanic.co.uk