



# THE ISLAND WELLBEING SANCTUARY

	Time	Type	Description
Monday	9:30-10:30	Tai Chi	Gentle, slow, standing exercises to help improve balance, memory and general well-being with Tony. £8
	11:30 - 12:45	Scaravelli Yoga	Discover natural strength, grace and ease of movement through Scaravelli inspired yoga and breathwork with Lew. £12
Tuesday	09:30 - 11:00	Hatha Yoga	Traditional mat-based Hatha yoga, stretch, strengthen and relax. Including gentle Somatic release movements with Trish. £10
	11:30 - 12:30	Qigong	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position with Garry. £8
	18:00 - 19:00	Vinyasa Yoga Flow & Meditation	Yoga flow create beautiful energy in the body when you connect yoga poses with breath its like a form of movement in meditation. The class will finish with yoga Nidra or meditation with Mike. £10
Wednesday	09:30 - 10:30	Tai Chi	Gentle, slow, standing exercises to help improve balance, memory and general well-being with Tony. Beginners £8
	10:30 - 11:30	Tai Chi	Gentle, slow, standing exercises to help improve balance, memory and general well-being with Tony. Intermediate £8
	10:00 - 11:30	Release	A marvellous mixture of mindfulness, meditation, movement and music. No experience necessary. Dani. £10
	11:45 - 12:45	Firebird Movement	Movement sessions, variety of tracks – chill, groove & energy. Simple moves. No experience necessary. Dani. £8
Thursday	10:00 - 11:00	Burlesque Chair Dance	Get in touch with your inner goddess while burning calories in a Burlesque Chair Dance class with Coco. £8/£12
	11:15 - 12:15	Unisex Stretch	A unisex stretch class for strength and flexibility with a guided meditation at the end with Coco. £8/£12
	14:30 - 15:30	Qigong	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position with Garry. £8
Friday	07:00 - 08:00	Boot Camp	Indoor boot camp style class. All welcome. £10
	08:00 - 09:00	Pilates	Pilates conditioning & meditation is all about the full body experience. Bringing the traditional Joseph Pilates moves in a Pilates conditioning way, finishing with a beautiful meditation with Mike. £9
	09:30 - 11:00	Yoga	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere with Mark. £9/£12
Saturday	09:30 - 10:30	Yoga	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere with Mark. £10
	11:30 - 12:15	Mat Pilates	Discover the joy of movement, strength and confidence with Mat Pilates. Mixed level. Classique Pilates Studio with Chanique. £12
	12:30 - 13:15	Mat Pilates	Discover the joy of movement, strength and confidence with Mat Pilates. Mixed level. Classique Pilates Studio with Chanique. £12
Sunday	14:00 Please check website for times	Gong & Sound Bath	A Deeply immersive, full-body listening experience using gentle yet powerfully therapeutic and transformative sound waves using Gongs, Bowls, Chimes & Percussion with Mel. £15. Please pre-book your spot.

For more information please visit [www.botanic.co.uk/wellbeing](http://www.botanic.co.uk/wellbeing) or email [wellbeing@botanic.co.uk](mailto:wellbeing@botanic.co.uk)