THE ISLAND WELLBEING SANCTUARY

	Time	Type	Description
Monday	09.30 - 10.30	**Tai Chi**	Gentle, slow, standing exercises to help improve balance, memory and general well-being with Tony. Intermediate. £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**	Stretch movements, improve balance, breathing and strength with Garry. £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**	Release tension in your mind & body. Mindful practise & yoga inspired floor based stretching. 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	**Unisex Stretch**	A unisex stretch class for strength and flexibility with a guided meditation at the end with Coco. £8/£12
	11:15 - 12:15	**Aphroditease Dance**	Awaken your inner goddess with beginner's slow sensual movement. £8/£12
	14:30 - 15:30	**Qigong**	Stretch movements, improve balance, breathing and strength with Garry. £10
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. £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
Sunday	9:30 - 10:30	**Qigong**	Stretch movements, improve balance, breathing and strength with Garry. £10
	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 or email wellbeing@botanic.co.uk