



Well-being Classes Spring 2025

Ventnor Botanic Garden



Day	Time	Event	Level	Teacher	Venue	Price	Description
Monday	10:00 - 11:00	Tai chi	Intermediate	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	11.30 - 12.45	Scaravelli Yoga	All	Louisa	Echium	£10	Discover natural strength, grace and ease of movement through Scaravelli inspired yoga and breathwork.
Tuesday	09.30 - 11.00	Hatha Yoga	All	Trish	Echium	£10	Traditional mat-based Hatha yoga, stretch, strengthen and relax.
	12.00 - 13.00	Qigong	All	Garry	Echium	£8	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position.
Wednesday	09.30-10.30	Tai Chi	Beginners	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	10.30-11.30	Tai Chi	Intermediate	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	10.30-11.30	Release	All	Firebird	Canna	£10	A marvellous mixture of mindfulness, meditation,, movement and music. No experience necessary.
	11.45-12.45	Firebird Movement	All	Firebird	Canna	£8	Movement sessions, variety of tracks – chill, groove & energy. Simple moves. No experience necessary.
Thursday	10.00-11.00	Burlesque Dance	All	Coco	Echium	£10	Get fit, lose weight, build confidence, have fun! Learn a new dance fitness routine every month.
	11.15-12.15	Flex it	All	Coco	Echium	£9	Deeply relaxing stretch class, ending with a guided meditation.
	12:30 - 13:30	Qigong	All	Garry	Echium	£8	Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position.
Friday	09.30-11.00	Yoga with Mark	All	Mark	Echium	£9/12	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere.
	11.15-12.15	Tai chi	Advanced	Tony	Echium	£8	Gentle, slow, standing exercises to help improve balance, memory and general well-being.
	17.30 - 18.30	Yoga	All	Lisa	Canna or Echium	£10	A Hatha yoga practice designed to connect mind, body and breath. Promotes relaxation whilst building inner strength & increased flexibility.
	19.30 - 20.30	Sound Bath (Last Friday of the month)	All	Lisa and Guido	Echium	£15	Relax with the healing and transformative effects of sound and frequency. (PLEASE BOOK - 07824618954)
Saturday	09.30 - 10.30	Yoga with Mark	All	Mark	Echium	£10	British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere.
Sunday	April, June, July, Nov, Dec (2pm) May, Sept Oct (3pm)	Sound Bath (First Sunday of the month, except July which is the 13th)	All	Mel	Echium	£14	A Deeply immersive, full-body listening experience using gentle yet powerfully therapeutic and transformative sound waves using Gongs, Bowls, Chimes & Percussion. (PLEASE BOOK) www.echomotherapy.co.uk

For further information & bookings please contact:

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www.botanic.co.uk/wellbeing