



WELLBEING CLASSES Autumn 2024

DAY	TIME	EVENT	LEVEL	TEACHER	VENUE	£
MONDAY	10.00-11.00	TAI CHI	INTERMEDIATE	TONY	ECHIUM	8
	<i>Gentle, slow, standing exercises to help improve balance, memory and general well-being</i>					
	11.00-12.15	SCARAVELLI YOGA	ALL	LOUISA	CANNA	10
	<i>Discover natural strength, grace and ease of movement through Scaravelli inspired yoga and breathwork</i>					
TUESDAY	09.30-11.00	HATHA YOGA	ALL	TRISH	ECHIUM	10
	<i>Traditional mat-based Hatha yoga, stretch, strengthen and relax</i>					
	12.00-13.00	QIGONG	ALL	GARY	ECHIUM	8
	<i>Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position</i>					
WEDNESDAY	09.30-10.30	TAI CHI	BEGINNERS	TONY	ECHIUM	8
	<i>Gentle, slow, standing exercises to help improve balance, memory and general well-being</i>					
	10.30-11.30	TAI CHI	INTERMEDIATE	TONY	ECHIUM	8
	<i>Gentle, slow, standing exercises to help improve balance, memory and general well-being</i>					
	10.30-11.30	RELEASE	ALL	FIREBIRD	CANNA	8
	<i>A marvellous mixture of mindfulness, meditation, movement and music. No experience necessary</i>					
	12.00-13.00	SUNSHINE SESSIONS	ALL	FIREBIRD	ECHIUM	8
	<i>Movement sessions, variety of tracks – chill, groove and energy. Simple moves. No experience necessary</i>					
THURSDAY	10.30-11.30	CHAIR BURLESQUE	ALL	COCO	ECHIUM	24(4)
	<i>Get fit, lose weight, build confidence, have fun! Learn a new dance fitness routine every month.</i>					
	12.30-13.30	QIGONG	ALL	GARY	ECHIUM	8
	<i>Deep breathing, gentle stretching, relaxing body and mind, slow movements in an upright position</i>					
FRIDAY	09.30-11.00	YOGA WITH MARK	ALL	MARK	ECHIUM	9/12
	<i>British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere</i>					
	11.15-12.15	TAI CHI	ADVANCED	TONY	ECHIUM	8
	<i>Gentle, slow, standing exercises to help improve balance, memory and general well-being</i>					
SATURDAY	09.30-10.30	YOGA WITH MARK	ALL	MARK	ECHIUM	10
	<i>British wheel yoga, an opportunity to enjoy an evolving movement practice in a friendly atmosphere</i>					

For further information on Wellbeing Classes visit the website:

www.botanic.co.uk/wellbeing