

Awareness and control in Yoga Week starting ...	Residents Gardens (Tuesday 12:00-13:15) Shirley Warren Learning Centre (Wednesday, 18:45-20:15)	Fit4less, London Road (Tuesday 19:00-20:00)	Highfield (Monday 18:00-19:00)	Wessex Cancer Trust Cosham (alternate wednesday: 16:00-17:00)
29 October	Free session: Hatha Yoga practice	Hatha Yoga Practice	NA	Body awareness: proprioception
5 November	Body awareness: proprioception	Body awareness: proprioception	Body awareness: proprioception	NA
12 November	Mind awareness: mindfulness	Mind awareness: mindfulness	Mind awareness: mindfulness	Mind awareness: mindfulness
19 November	Breath awareness: working with the Ujayi breath?	Breath awareness: working with the Ujayi breath?	Breath awareness: working with the Ujayi breath?	NA
26 November	Emotions awareness: emotional intelligence, unlocking the third eye	Emotions awareness: emotional intelligence, unlocking the third eye	Emotions awareness: emotional intelligence, unlocking the third eye	Emotions awareness: emotional intelligence, unlocking the third eye
3 December	Wellness: health awareness	Wellness: health awareness	Wellness: health awareness	NA

***REMINDER:** The **pranayama sessions** are starting in the week beginning **5 November 2018** for 6 weeks (£60). They are taking place in Highfield, on **Mondays from 19:15 to 20:15** and **Tuesdays from 07:15 to 08:15**. Booking is available from now with a £30 deposit, non-refundable. Payment in full is required at the beginning of the course.

Pranayama courses: There are **5 spaces** available on Monday and **3 spaces** available on Tuesday

INVOICE: The invoice for the next series will be issued for the week beginning **5 November:** the **5 sessions** Yoga pass is **£45**; drop-in is **£12** per session. The sessions for week beginning on the **10 and 17 December 2018** will be on a **drop-in** base only at a **reduced price (£10 per session)**.

The Highfield Yoga sessions will start a week later; the series will finish on the week beginning 10 December, leaving one drop-in session available in December before the Christmas break.