

<b>Days of the week</b>	<b>Sessions</b>	<b>Time and location</b>	<b>Contacts</b>
<b>Monday</b>	Pranayama: 60 minutes	Highfield, 19:15 (From November 2018)	Mobile: 07979714179
<b>Monday</b>	Raja Yoga (private lesson): 60 minutes	Highfield, 18:00	Mobile: 07979714179
<b>Tuesday</b>	Pranayama: 60 minutes	Highfield: 7:00 (From November 2018)	Mobile: 07979714179
<b>Tuesday</b>	Raja Yoga: 75 minutes	Residents' Gardens, Portswood, 12:00	Mobile: 07979714179
<b>Tuesday</b>	Hatha Yoga: 60 minutes	Fit4less, London Road, Southampton: 19:00	<a href="mailto:kerri.michalowska@fit4less.com">kerri.michalowska@fit4less.com</a> , <b>023 8000 2202</b>
<b>Wednesday</b>	Yoga for people living with cancer: 60 minutes	WessexCancer trust Cosham	<b>023 9232 6511</b> <a href="mailto:tina.randall@wessexcancer.org.uk">tina.randall@wessexcancer.org.uk</a>
<b>Wednesday</b>	Raja Yoga: 90 minutes	Learning Centre, Shirley Warren	Mobile: 07979714179