

<b>TITLE</b>	<b>VENUE</b>	<b>DATE</b>	<b>TIME</b>
<b>MEDITATION</b>	<b>The Residents Gardens 13 Abbots Way Highfield, SO17 1QU SOUTHAMPTON</b> *Entrance is through the alley Way, opposite no15 and 17	<b>29 September 2019</b>	<b>5-7pm</b>
<b>PRANAYAMA LEVEL1</b>		<b>17 November 2019</b>	<b>4-6pm</b>
<b>AYURVEDA AND YOGA</b>		<b>15 December 2019</b>	<b>4-6pm</b>