

<p><b>Patanjali's first limb of yoga: the Yamas, social skills.</b></p> <p><b>Week starting Tuesday ...</b></p>	<p><b>Residents Gardens (RG)</b> <b>(Tuesday 11:55-13:10)</b></p> <p><b>Shirley Warren Learning Centre (Wednesday, 18:45-20:00)</b></p>	<p><b>Fit4less, London Road</b> <b>(Tuesday 19:00-20:00)</b></p> <p><b>*Sunday session (12:00 to 1:00 pm) follows the Sivananda tradition</b></p>	<p><b>Highfield (Monday 18:00-19:00)</b></p>	<p><b>Wessex Cancer Trust Cosham (alternate wednesday: 16:00-17:00)</b></p>
<b>8 January 2019</b>	<b>Ahimsa: non-violence</b>	<b>Ahimsa: non-violence</b>	<b>Ahimsa: non-violence</b>	<b>Ahimsa: non-violence</b>
<b>15 January 2019</b>	<b>Satya: truthfulness, honesty</b>	<b>Satya: truthfulness, honesty</b>	<b>Satya: truthfulness, honesty</b>	
<b>22 January 2019</b>	<b>Asteya: non-stealing : physically or intellectually</b>	<b>Asteya: non-stealing : physically or intellectually</b>	<b>Asteya: non-stealing : physically or intellectually</b>	<b>Satya: truthfulness, honesty</b>
<b>29 January 2019</b>	<b>Bramacharya: senses restraint</b>	<b>Bramacharya: senses restraint</b>	<b>Bramacharya: senses restraint</b>	
<b>5 February 2019</b>	<b>Aparigraha: non-grasping, non-possessiveness</b>	<b>Aparigraha: non-grasping, non-possessiveness</b>	<b>Aparigraha: non-grasping, non-possessiveness</b>	<b>Asteya: non-stealing : physically or intellectually</b>