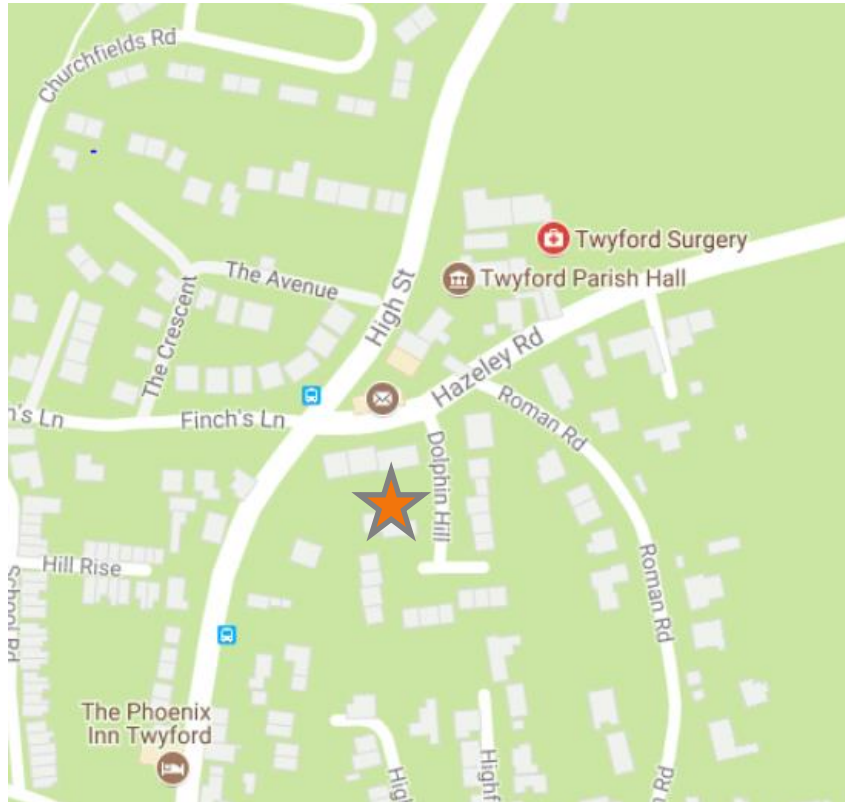


# Pondero

**Pondero, Pilates for the Mind, talks are now held at Park House**



**Park House, Dolphin Hill, Twyford SO21 1PU**



Coming from the M3: take junction 11 follow signs to Twyford. At the crossroads in the centre of the village (Post Office on the corner) turn left and then immediately right onto Dolphin Hill. Park House is the first house on the right, with a red front door. Park either at Park House in front of the red garage door, on Dolphin Hill or back down on Hazeley Road.

Coming from Colden Common: turn right at the crossroads in the centre of Twyford village (Post Office on the corner) and then immediately right onto Dolphin Hill. Park House is the first house on the right, with a red front door. Park either at Park House in front of the red garage door, on Dolphin Hill or back down on Hazeley Road.

Please email [ronnie@careerbreakpeople.co.uk](mailto:ronnie@careerbreakpeople.co.uk) or phone 07957 188795 if you need additional directions.