

# *Pondero*

## *Pilates for the Mind*

*Pondero* is a series of interesting and wide-ranging talks that are held locally and during the day. Like you would keep fit with weekly yoga or tennis, also keep your knowledge up to date. The talks provide a chance to meet new people in an informal setting and cover a wide range of topics:

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|---|---|
| <b>Wednesday 17<sup>th</sup> January</b>  | <b>Meditation &amp; Mindfulness for Parenting in a Busy World</b> |
| <b>Wednesday 24<sup>th</sup> January</b>  | <b>Energy in the UK</b>   |
| <b>Wednesday 31<sup>st</sup> January</b>  | <b>The Politics of Parenting</b>                                  |
| <b>Wednesday 7<sup>th</sup> February</b>  | <b>Vlogging</b>   |
| <b>Wednesday 21<sup>st</sup> February</b> | <b>Neuro Linguistic Programming</b>                               |
| <b>Wednesday 28<sup>th</sup> February</b> | <b>NHS Myth Busters</b>   |
| <b>Wednesday 7<sup>th</sup> March</b>     | <b>The Treatment of Waste</b>                                     |
| <b>Wednesday 14<sup>th</sup> March</b>    | <b>The Neuroscience of Contemplative Practices</b>                |

### **Talk, Discussion and Coffee**

Wednesday mornings 11am – 12.15pm  
Twyford HQ, Hampshire SO21 1PU

The cost is £80 for the whole series, £15per talk for 2-3 talks or £20 per talk. Sign up in advance. It is possible to join mid-series.

Please email Ronnie at  
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