

# *Pondero*

## *Pilates for the Mind*

*Pondero* is a series of interesting and wide-ranging talks that are held locally and during the day. *Pondero* talks provide a chance to meet new people in an informal setting and cover a wide range of topics.



**Wednesday 18<sup>th</sup> September**

**Coffee & Connect, Bugle Inn  
Twyford**



**Wednesday 25<sup>th</sup> September**

**Coffee & Connect, Bugle Inn,  
Twyford**



**Wednesday 2<sup>nd</sup> October**

**The Menopause Explained**



**Wednesday 9<sup>th</sup> October**

**Colour, Human Experience and  
Cyborgism**



**Wednesday 16<sup>th</sup> October**

**The Great Mutinees of 1797**



**Wednesday 6<sup>th</sup> November**

**Extraordinary Women from  
Winchester's Past**



**Wednesday 13<sup>th</sup> November**

**Mistakes Happen: Dealing with  
Shame**



**Wednesday 20<sup>th</sup> November**

**Climate Change – Do I really  
make a difference?**

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

Wednesday mornings 11am – 12.30pm in Twyford, Hampshire (email for directions)

£60 for the whole series, £15per talk for 2+ talks or £20 per talk

**To book your place email [ronnie@careerbreakpeople.co.uk](mailto:ronnie@careerbreakpeople.co.uk) [www.pondero.co.uk](http://www.pondero.co.uk)**