



Take some
chill time
for you!

Join our Time To Shine yoga sessions

Everyone Welcome!



Every **Wed** on Zoom

6, 13, 20, 27 Jan

3 & 10 Feb

12.30-1pm

tinyurl.com/yoga-tts

pass: Time2Shine

Any Q's?



@ICLSEducation

Lead by
Sarah from
Reborn Yoga

