

# Rise and Shine Yoga



**Rise and Shine Yoga**  
**Wednesdays @ Shimpling Village Hall**  
**9.30am - 10.30am**

Join us to wake up, stretch out and  
strengthen body and mind ready for the day  
ahead!

Options included to make this class accessible to all.

£8 per session

Bookable online

<https://www.quietpaceyoga.net>

or by cash on the day