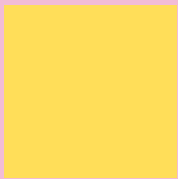


THE Yogi Group

HAPPY BINGO

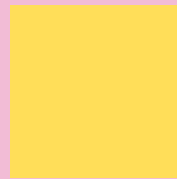
**CHAT WITH
YOUR FRIEND**



**WATCH YOUR
FAVOURITE FILM**



**DO EXERCISE FOR
15 MINUTES**



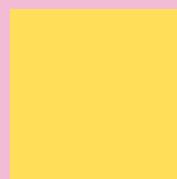
HAVE A BUBBLE BATH



**BREATHE IN FOR 4
BREATHE OUT FOR 6**



**GET UP EARLY, WRAP UP,
GO FOR A SHORT WALK**



**DANCE TO YOUR
FAVOURITE SONG**



**GO TO BED EARLY AND
SNUGGLE IN WITH A BOOK**



**TALK ABOUT THE GOOD
THINGS
YOU HAVE DONE TODAY**



Email us when you have completed the BINGO sheet to claim your prize!

theyogigroup@gmail.com

