

#lockdownlove

an online
yoga sesh
my treat

hi

you

what's up



If you say lockdown, you say love. Real, compassionate, selfless love for your fellow peeps. This is me sharing a little something with you. A perfect scone to gobble down when no one's watching. An online yoga session. A piece of pie. Or a just a few boredom-busting activities to keep your little ones happy. My treat. Can I be your helping hero? Go on, try knocking on my window. Or leave me a message at _____ . **Let's spread some #lockdownlove.**