

TRE
INTERNATIONAL
TRAINING



FOR EVERYBODY AND EVERY
BODY

FREE GROUP SESSION AND INFO ZOOM
TUESDAY 23 MAY @ 18:30 GMT+2

Welcome to the FREE Group Shake and Info Zoom.

**To participate well, please have a yoga mat or blanket in your room and please wear comfortable clothing. Being on time will also be helpful :-)
The session will be 1h - looking forward to meeting you !**

Su & Anya

The link for the zoom session:

Topic: FREE Group Session & Info Zoom (Ask your Questions)

Time: May 23, 2023 06:30 PM Johannesburg

Join Zoom Meeting

**[https://us02web.zoom.us/j/84613016340?
pwd=OHhUUWxzUnZkaVREZm1RejRIVmRsUT09](https://us02web.zoom.us/j/84613016340?pwd=OHhUUWxzUnZkaVREZm1RejRIVmRsUT09)**

Meeting ID: 846 1301 6340

Passcode: 664877

If you live in a different time zone, please make sure to adjust the times below (SAST or GMT+2) to yours!

treinternationaltraining@gmail.com

