

Shine

The Shire's Health & Lifestyle magazine

MY
STREET

ISSUE 39

FREE

**CHAUKEI NGAI:
YOGA WORLD
CHAMPION
AND
MOTHER.**

Getting
Back into
Shape
After
Pregnancy

YOUR
HEALTHIEST
YEAR EVER!
HERE'S HOW

PLUS

KIDDIES
CORNER

SOMEONE
in the SHIRE

