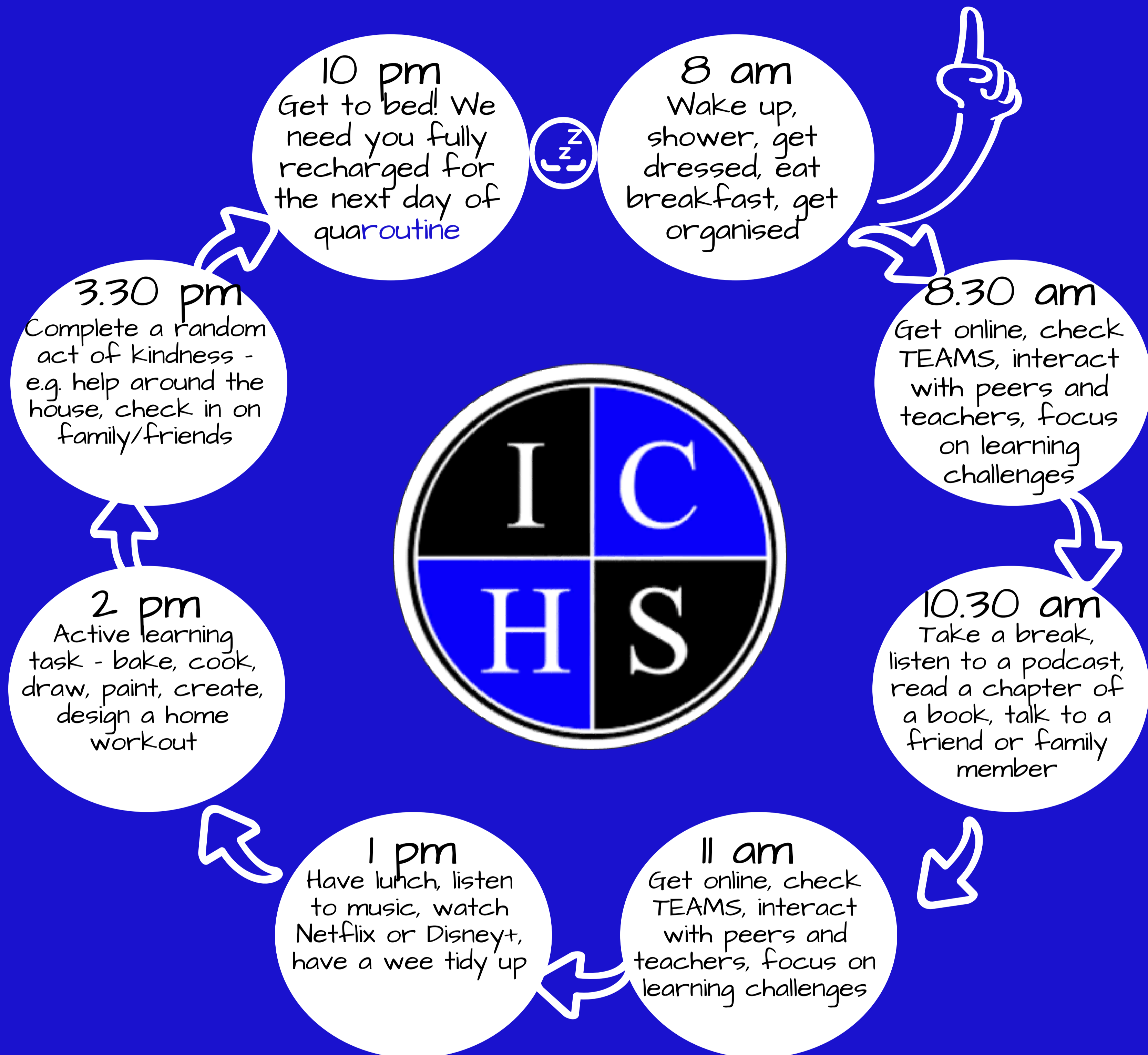


QUARANTINE - THE INVY WAY



Timings are for guidance and can be adapted to suit