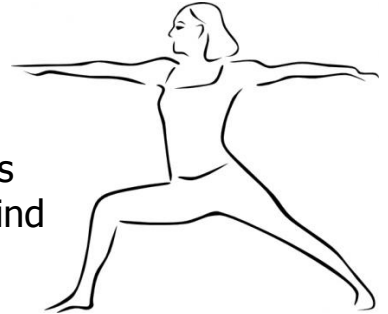


Porter's Point School PTO sponsors **Community Yoga Classes**

The Porter's Point School PTO is pleased to sponsor adult yoga classes for the Colchester community.

Classes are led by Jaycie Puttlitz, certified yoga instructor and PTO mom, who will guide participants through gentle yoga techniques to help relax the mind and increase muscle strength and flexibility.



No experience necessary!

\$5.00 per person (cash only)

Tuesday nights:

January 5th and 19th

February 2nd and 16th

March 2nd, 16th, and 30th

Time: 6:40 – 7:30pm (50 min)

Porter's Point School Cafeteria



What to bring

- ✓Yoga or pilates mat
- ✓Bottle of water
- ✓Hand towel
- ✓Wear comfortable clothing

Participants must be at least 18 years old.

Ages 13-17 are welcome with an adult also participating.