

Holiday Stress Relief Yoga Night

Hosted by C3 Parent Council

Thursday, December 12th, 6:00 - 7:30 PM

Colchester Elementary School (CES) H18, Free Childcare Available

With the holiday season upon us, let's take some time to relax and destress! Join us for an all-levels yoga class offered by a Twisted Dog Yoga instructor.



TWISTED DOG
YOGA FOR EVERYONE
SOUL BAR + SMOOTHIES AND JUICE

Following the class, you're invited to stay to socialize and enjoy some light refreshments!

All are welcome! Free childcare available on site. Bring a mat and water bottle. No cost to attend.



**Growing
Stronger
Together**

**Please register so that we know to expect you!
ColchesterC3.jumbula.com/caregiver-programs
Email lbuyniski@colchesterct.org if you need childcare.**