



# WEEKLY YOGA CLASSES

**WITH JOANNE DENNIS**  
**J MOUNTAIN YOGA**

Join in a Gentle Vinyasa class every Tuesday through April. This 60 minute class, suitable for all levels, will guide you through breath-work, conscious movements and yoga postures that aim to balance the nervous system, quiet the mind and build body awareness.

## DETAILS:

- Every Tuesday from 5:30-6:30p through April 2025.
- Meets **THIS 2/4 ONLY IN FOEGER 1**. Otherwise in Valhalla Conference Room.
- Advanced registration is required, no walk-ups.

## SIGN UP:

- Space is very limited, register soon.
- Email [hr@jaypeakresort.com](mailto:hr@jaypeakresort.com) for more information and registration instructions.

