



# WEEKLY YOGA CLASSES WITH JOANNE DENNIS J MOUNTAIN YOGA

Employees are encouraged to join in this 60 minute Gentle Vinyasa yoga class, suitable for all levels, that will guide you through breath-work, conscious movements, and yoga postures. Each session aims to balance the nervous system, quiet the mind, and build body awareness.

## DETAILS:

- Every Tuesday through April 2026 | 5:30p-6:30p
- Held in the International 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

