JAY PEAK

J MOUNTAIN YOGA

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:

- Tuesdays from 5:30-6:30p
- 11/17/26 - 12/22/26 and 1/26/27 - 4/27/27
- Held in the International Room
- Advanced registration is required, no walk-ups.

SIGN UP:

- Space is limited, register early each week.
- Email **hr@jaypeakresort.com** for registration info.

