

# Gentle Yoga with Jenna



**Description:** This 45-minute Gentle Yoga class, taught by local Yogi Jenna Nagel, supports healing, strength, stability, flexibility, and nervous system regulation through slow, mindful movement and rest. The class moves at an accessible pace and offers a supportive environment for building confidence and ease in the body. This class is a natural next step for students comfortable in Chair Yoga who are ready to explore more movement while maintaining a gentle, nurturing approach. Well suited for beginners, those returning to yoga after time away, or anyone seeking a calming, grounding practice. Bring your mats!

**Registration:** Registration is open to Exeter residents on Monday, January 26, 2026 and non-residents on Monday, February 2, 2026, on a first-come, first-served basis.

Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (8) Minimum, (12) maximum..

**Dates & Time:** Mondays, February 23 - March 30, 2026 from 1:00-1:45pm.

**Location:** Exeter Community Center, 10 Hampton Rd. Exeter, NH 03833

**Fee:** The fee is \$40 for residents and \$50.00 for non-residents

**Deadline:** The deadline to register is February 20, or once the class is full. Note: We need a minimum of 8 people registered for this class. Maximum is 12.

Instructor  
Jenna Nagel  
Mondays, Feb. 23 through March 30  
1:00-1:45pm  
Registration Required  
603-773-6151  
www.exeternh.gov/recreation  
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GENTLE YOGA  
\$40 Residents,  
\$50 Non-Residents  
JOIN NOW