

Gentle Yoga with Jenna

Spring Session: April 27 - June 1, 2026



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 **Wednesday, April 1, 2026 at 8:15am**. Registration opens for non-residents on **Wednesday, April 8 at 8:15am** 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, April 27 - June 1, 2026 from 11:00-11:45am.

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, April 27
through June 1, 2026
11:00-11:45am
Registration Required

Reg. Opens April 1 at 8:15 for
Residents and April 7 for NR
603-773-6151
www.exeternh.gov/recreation
Exeter Community Center
10 Hampton Rd. Exeter, NH

**GENTLE
YOGA**

\$40 Residents,
\$50 Non-Residents

Exeter Parks & Recreation Department

10 Hampton Road Exeter, NH 03833

www.exeternh.gov/recreation

603-773-6151