



Morning Motivation In the Mountains

Enhance your UVCA Spring Convention experience with morning yoga on Saturday and Sunday mornings!

Free of charge for convention registrants, family, and friends.

Both May 14 and 15, 6:45-7:45 a.m. each day.

In the Commonwealth Room near the hotel front desk.

Advance sign-up is not required.



Jen Hudgins brings over 1000 hours of teaching experience to Hot Springs. She is trained in a variety of yoga techniques (vinyasa, restorative, yoga nidra, and other specialties) and self-massage. Jen provides a holistic mind/body/spirit approach to yoga, giving you far more than just a physical activity. Start your day off right, fully open to new insights, learning, and fun.

Participants should bring a yoga mat or towel and come dressed comfortably in yoga attire or sweats.



A big thanks to Pinto Chiropractic & Rehabilitation in Williamsburg for bringing Jen to Hot Springs!