

# Yoga at Candler

For JHU Faculty and Staff

## Yoga Class:

Monday/Thursday  
12:00pm-1:00pm

## Session Date:

April 10 –  
June 26, 2017

## No Class:

May 29

## Location:

Third Floor, International  
Conference Room

## Cost for Session:

\$30/one class per week  
\$50/two classes per week

## Notes:

Bring a yoga mat and  
wear comfortable clothing



JOHNS HOPKINS  
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## Yoga

Yoga is a series of body positions and movements designed to calm the mind, relax the body, and ease the spirit by uniting these three aspects. In addition, yoga provides multiple health benefits, which include flexibility, strength and balance.

## Register Online

by going to the wellness section  
of the [Benefits website](#).

Email [wellnessprograms@jhu.edu](mailto:wellnessprograms@jhu.edu)  
with questions.



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