

Yoga at Candler

For JHU Faculty and Staff

Yoga Class:

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

Session Date:

July 10 –
October 2, 2017

No Class:

September 4
September 18

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
UNIVERSITY

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
with questions.



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