

# Yoga at Carey

For JHU Faculty and Staff

**Yoga Class:**

Thursday  
12:00pm-1:00pm

**Session Date:**

January 11 -  
March 22, 2018

**Location:**

Room 230  
100 International Drive

**Cost for Session:**

\$30 for entire session

**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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