

Yoga at Eastern

For JHU Faculty and Staff

Yoga Class:

Wednesday
5:15pm - 6:15pm

Session Date:

April 12 -
June 21, 2017

Location:

Eastern
Room B101

Cost for Session:

\$30
(cash or check)

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

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

Email wellnessprograms@jhu.edu with questions.



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