

# Yoga at Keswick

For JHU Faculty and Staff

## Yoga Class:

Tuesday  
4:30pm - 5:30pm

## Session Date:

April 3  
June 12, 2018

## Location:

South Building  
2<sup>nd</sup> Floor,  
Classroom A&B

## 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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