

Yoga at School of Medicine

For JHU Faculty and Staff

Yoga Class:

Tuesday
12:15pm-1:15pm

Session Dates:

January 10 –
March 14, 2017

No Class:

January 17
January 24
February 7
March 7

Locations:

Turner Building
West Room

Cost for Session:

\$18
(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

By going to the wellness section
Of the Benefits website.
Email wellnessprograms@jhu.edu
With questions.



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