

Yoga at School of Medicine

For JHU Faculty and Staff

Yoga Class:
Monday
12:15pm-1:15pm

Session Date:
July 17 –
September 25, 2017

No Class:
September 4

Location:
Sidney Kimmel Comprehensive
Cancer Center at Johns Hopkins
401 N. Broadway
Weinberg Building,
Weinberg Auditorium
Rm 1130

Cost for Session:
\$30
(cash or check)

Notes:
Bring a yoga mat
and wear
comfortable clothing



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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