

# Yoga at Candler

For JHU Faculty and Staff

## Yoga Class:

Monday/Thursday  
12:00pm-1:00pm

## Session Date:

October 8 –  
December 20, 2018

## No Class:

November 22  
December 17

## Location:

Third Floor, International  
Conference Room

## Cost for Session:

\$30/one class per week  
\$50/two classes per week  
prices are for entire session

## 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](mailto:wellnessprograms@jhu.edu)  
with questions.



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