

# Yoga at Homewood

## For JHU Faculty and Staff

### Yoga Class:

Mon/Wed/Fri  
12:00pm-1:00pm

### Session Date:

April 4  
June 25, 2018

### No Class:

May 28  
June 20  
June 22

### Location:

Mattin Center,  
Caplan Dance Studio

### Cost for Session:

\$30/one class per week  
\$50/two classes per week  
\$70/three classes per week  
Prices are for entire session

### Notes:

Bring a yoga mat and wear  
comfortable clothing



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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.

*Beginner* level classes  
are offered on Monday.

*Mixed* level classes are offered on  
Wednesdays and Fridays.

### Register Online

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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