

# Yoga Class

## for JHU Faculty and Staff



### At Homewood

**WHEN:** Monday's/Wednesday's/Friday's\*  
November 13, 2009 - December 18, 2009  
(5 Week Mini Session)  
\*Monday and Wednesday's are basics for all levels.  
\*Friday is an Intermediate level class.

**TIME:** 12:00 p.m. - 1:00 p.m.

**WHERE:** Mattin Center, Dance Studio

**COST:** \$25.00 (one class per week/5 week session)  
\$35.00 (two classes per week/5 week session)  
\$45.00 (three classes per week/5 week session)

(The **Mindfulness Meditation** class, which meets on Thursday's, enhances the positive results of a Yoga class.)

To register, email [wellnessprograms@jhu.edu](mailto:wellnessprograms@jhu.edu), or call (443) 997-5800.