

Yoga at Candler

For JHU Faculty and Staff

Yoga Class:

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

Session Date:

January 8 –
April 2, 2018

No Class:

January 15
February 1

Location:

Third Floor, International
Conference Room

Cost for Session:

\$30/one class per week
\$50/two classes per week
Prices are for the 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
with questions.



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