

Yoga at Carey

For JHU Faculty and Staff

Yoga Class:

Thursday
12:00pm-1:00pm

Session Date:

April 5
June 21, 2018

Location:

Room 230
100 International Drive

Cost for Session:

\$30 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 with questions.



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