

Yoga at Homewood

For JHU Faculty and Staff

Yoga Class:

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

Session Date:

January 3 –
March 26, 2018

No Class:

January 15
March 21
March 23

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 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.

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
with questions.



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