

Yoga at Keswick

For JHU Faculty and Staff

Yoga Class:

Tuesday
4:30pm – 5:30pm

Session Date:

January 2 –
March 13, 2018

Location:

South Building
2nd Floor,
Classroom A&B

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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