

Yoga at School of Medicine

For JHU Faculty and Staff

Yoga Class:

Monday
12:15pm-1:15pm

Session Date:

January 22 –
April 16, 2018

No Class:

March 19
March 26
April 9

Location:

Turner Building
Darner Room – G007

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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