

Yoga at School of Medicine

For JHU Faculty and Staff

Yoga Class:

Friday
12:15pm-1:15pm

Session Dates:

January 5 –
March 16, 2018

No Class:

January 19

Locations:

2024 Monument Street
Powe Conf. Room 1-500Q

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.



Sponsored by the Office of Benefits Services