

Yoga at White Marsh

For JHU Faculty and Staff

Yoga Class:
Monday
4:30pm-5:30pm

Session Date:
January 22 -
April 2, 2018

Location:
Lunchroom
9910 Franklin Sq. Dr.

Cost for Session:
\$30 for entire session

Notes:
Bring a yoga mat and wear
comfortable clothing



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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