

Yoga at 700 E. Pratt

For JHU Faculty and Staff

Yoga Class:

Monday/Thursday
12:00pm-1:00pm

Session Date:

January 23-
April 2, 2020

No Class:

January 27
January 30
March 16
March 19

Location:

Third Floor, International
Conference Room

Cost for Session:

\$27/one class per week
\$47/two classes per week
prices are for entire session
*Lump sum payment will be
collected via payroll
deduction only*

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

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