

Yoga at Carey

For JHU Faculty and Staff

Yoga Class:
Thursday
12:00pm-12:45pm

Session Date:
January 23 –
March 19, 2020

Location:
Room 214
100 International Drive

Cost for Session:
\$27 for entire session
*Lump sum payment will be
collected via payroll
deduction only*

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

Register online by going to the wellness section of the [Benefits website](#). Email wellnessprograms@jhu.edu with questions.



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