

# Yoga at Homewood

For JHU Faculty and Staff

## Yoga Class:

Mon/Wed/Fri  
12:00pm-1:00pm

## Session Date:

January 22 –  
March 27, 2020

## Location:

Mattin Dance Studio

## Cost for Session:

\$27/one class per week  
\$47/two classes per week  
\$67/three classes per week  
*Lump sum payment will be  
collected via payroll  
deduction only*

## Notes:

Bring a yoga mat and wear  
comfortable clothing



JOHNS HOPKINS  
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## 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.

*Beginner* level classes  
are offered on Monday.

*Mixed* level classes are offered on  
Wednesdays and Fridays.

## Register Online

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



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