

Yoga at Keswick

For JHU Faculty and Staff

Yoga Class:

Tuesday
5:00pm – 6:00pm

Session Date:

January 21 –
March 17, 2020

Location:

South Building
2nd floor,
Classroom A&B

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



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 by going to the wellness section of the [Benefits website](#).

Email: wellnessprograms@jhu.edu
with questions



Sponsored by the Office of Benefits Services