

Yoga at School of Medicine

For JHU Faculty and Staff

Yoga Class:
Monday
12:00pm-1:00pm

Session Date:
January 27 -
March 23, 2020

Location:
Turner Building
Darner Room – G007

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

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



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