

# Yoga at School of Medicine

## For JHU Faculty and Staff

### Yoga Class:

Friday  
12:15pm-1:15pm

### Session Dates:

January 24 –  
March 20, 2020

### Locations:

2024 Monument Street  
Powe Conf. Room 1-500Q

### 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  
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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.

### 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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