

Yoga at White Marsh

For JHU Faculty and Staff

Yoga Class:
Monday
4:30pm-5:30pm

Session Date:
July 8 –
September 23, 2019

No Class:
September 2

Location:
Lunchroom
9910 Franklin Sq. Dr.

Cost for Session:
\$30 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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