STARTING OCTOBER 15:

Gentle Yoga & Well-Being Class

THURSDAYS, 6:30PM

This weekly slow flow yoga class will deepen understanding of foundational poses and breathing exercises. Students will also learn well-being techniques such as gratitude practice, positive self-talk, and more that can be integrated on and off the mat. All levels welcome. Find the event on Hopkins Groups for more info.

Free & open to all JHU students and learners.

Link: jh.zoom.us/j/93499476879

JOHNS HOPKINS UNIVERSITY

Student Health & Well-Being
Center for Health Education & Wellness