

Student Support Room presents

ONLINE

Hokkori Relaxation Time

It has been a stressful time with unexpected changes in our daily life and college life. Would you like to try 15-minute relaxation methods with our counselors from the Student Support Room?

Master breathing techniques, autogenic training, mindfulness and more, to incorporate them into the "new normal."

Relaxation skills can help you feel refreshed, restore energy and boost your academic performance.



Date & Time : Oct 16 (Fri) 16:30~16:45
Oct 20(Tue) 12:15~12:30
Oct 30(Fri) 16:30~16:45



No registration required.



On Zoom - Please refer to the notice on Manaba+R

(No. 3491576456) for the link, meeting ID and pass code.

Student Support Room

HP : <http://www.ritsumei.ac.jp/ssr/en/>

Tel: 075-465-8174(KIC/SZK)

077-561-3952 (BKC)

072-665-2130 (OIC)

