

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 : Dec 4, 18 (Fri) 16:30~16:45
 Dec 8, 22 (Tue) 12:15~12:30



No registration required.



On Zoom



Please join our Zoom meeting from the link attached to the following.

- The same links used in previous months: please note that different links are used for Tuesdays and Fridays.

Manaba No. 295444979



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)