



— YOGA —

Yoga means "connection" in Sanskrit. It represents a state of mind-body connection. It aims to achieve mental stability and ease by a combination of breathing, posture, and meditation.

Spring semester only

Morning YOGA AM 9:00-10:30

May 24th (Tue) Outside (Deck by Build.G)

June 24th (Fri) Inside (SSR in AS Office)

July 6th (Wed) Outside (Deck by Build.G)

※Location may be subject to change

Need exercise or routine in your daily life?

Beginners, international students, male students, all welcome!

Please come in comfortable clothes and bring some water and a towel.

<Entry>

Access here

(Max.10 persons/each)



Contact us here

OIC Student Support Room

Tel : 072-665-2130

Email : o-go-2@st.ritsumei.ac.jp