



— 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

9:00 a.m. - 10:30 a.m.

~~May 24 (Tue) OIC Field Small Hockey Rink~~ **Closed**

June 24 (Fri) D171* (Application deadline: June 22)

July 6 (Wed) D171* (Application Deadline: July 4)

*The venue has been changed to D171.

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.

Apply here!

(Up to 10 participants
per each session)



Contact us here

OIC Student Support Room

Tel : 072-665-2130

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