

OIC Student Support Room Presents
Stress Management Project 2023



— 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 9:30-10:30

May 24th (Wed)

June 16th (Fri)

July 12th (Wed)

【Location】

D171 (1st floor of Bldg.D)

*Use the changing rooms in Bldg. D to change.

Morning relaxation helps to clear the mind and improve concentration.

Beginners, international students, male students, all welcome!

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

<Entry> Access here

***by the day before each session
(Max.15 persons/each)**



Contact us here

OIC Student Support Room

Tel : 072-665-2130

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