

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.

Fall semester

Relaxation YOGA 4:30 p.m. - 6:00 p.m.

~~Oct. 20 (Fri.)~~

Nov. 16 (Thu.)

Dec. 15 (Fri.)

Location: D 171

(1st Floor of Bldg. D)

※ 60 minutes of yoga followed by 30 minutes of socializing (free participation)

※ Up to 15 participants/each

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 for November session here
by Noon, Nov. 15 (Wed.)**

Applications for the December sessions
will be posted on manaba+R at a later date.



Contact us here

OIC Student Support Room

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