

# 10 Minute Relaxation Time

12:40-12:50 during lunch time



~~October 18 (Wed)~~  
November 17 (Fri)  
December 12 (Tue)

Academics, part-time jobs, club activities, job hunting, etc.

Student life is more stressful than you think. A mental break will not only improve your health but also your efficiency!

Why don't you take 10 minutes during your lunch break to relax and unwind with various relaxation methods?

- No application required
- Capacity: 10 people on a first-come, first-served basis

For inquiries, please contact us here.

OIC Student Support Room  
Tel: 072-665-2130  
Email: o-go-2@st.ritsumei.ac.jp