



Please come in comfortable clothes  
– we will be practising some movement work!

Let's ~~go~~ relax!

Explore body and mind  
through Aikido Experience &  
Intercultural theory

The focus is on feeling and  
understanding with your bodily sensation, so no need to  
worry about the language – come join us!

2023.

12/13 Wed.

In Japanese,  
with English support

20 Wed.

In English,  
with Japanese support

16:20–17:30

Location ▶ Kinugasa BBP 1st Floor  
Up to 20 participants

We all experience nerves kicking in when we meet new people or when we enter a new environment. When feeling anxious or nervous, the chances are that your **body** is tensed up as well as your **mind**.

Experience some **Aikido** techniques to relax our body and mind and get some tips on feeling at ease on encounters with different cultural worldviews. Come join us and **relax your body and mind** on chilly Wednesday afternoons!



Instructor | Naoyuki Ogino  
Guest | Ritsumeikan Aikido Club  
Facilitator | Moe Shoji

Enquiry ▶ Kinugasa International Center  
[kic-bbp@st.ritsumei.ac.jp](mailto:kic-bbp@st.ritsumei.ac.jp)

Apply here

