

OIC Student Support Room Presents  
Stress Management Project 2024



— 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 15th (Wed)**

**June 7th (Fri)**

**July 10th (Wed)**

**【Location】**

**D171 (1<sup>st</sup> 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**

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