

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