



— 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

# Morning YOGA AM 9:30-10:30

**Oct 23th (Wed)**

**【Location】**

**Nov 13th (Wed)**

**D171 (1<sup>st</sup> floor of Bldg.D)**

\*Use the changing rooms in Bldg. D to change.

**\*12/11,1/17; Evening YOGA (will be informed later)**

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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