



— 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 (1st 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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