

— 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) ^{done}

【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)

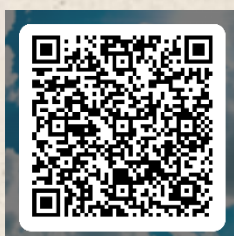
Morning relaxation helps to clear the mind and improve concentration.

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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