



— 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

Evening **YOGA**

4:30 p.m. - 5:30 p.m.

① **Dec. 11** (Wed.)

Location: D 171

② **Jan. 17** (Fri.)

(1st Floor of Bldg. D)

Evening Yoga helps you relax and unwind after a long day, so you can sleep better at night.

Beginners, international students, male students, all welcome.
Please come in comfortable clothes and bring some water and a towel.

**Apply for December session here
by Noon, Dec. 10 (Tue.)**

※ Up to 15 participants/each



Contact us here

OIC Student Support Room

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