## OIC Student Support Room Presents 2024

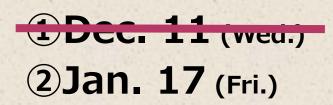


Yoga means "connection" in Sanskrit. It represents a state of mind-body connection.

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.



Location: D 171 (1<sup>st</sup> 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 January session here by Noon, Jan. 16 (Thu.)

% Up to 15 participants/each



Contact us here

OIC Student Support Room Tel: 072-665-2130 Email: o-go-2@st.ritsumei.ac.jp