



— 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**  
(1<sup>st</sup> Floor of Bldg. D)

**② Jan. 17 (Fri.)**

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**

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