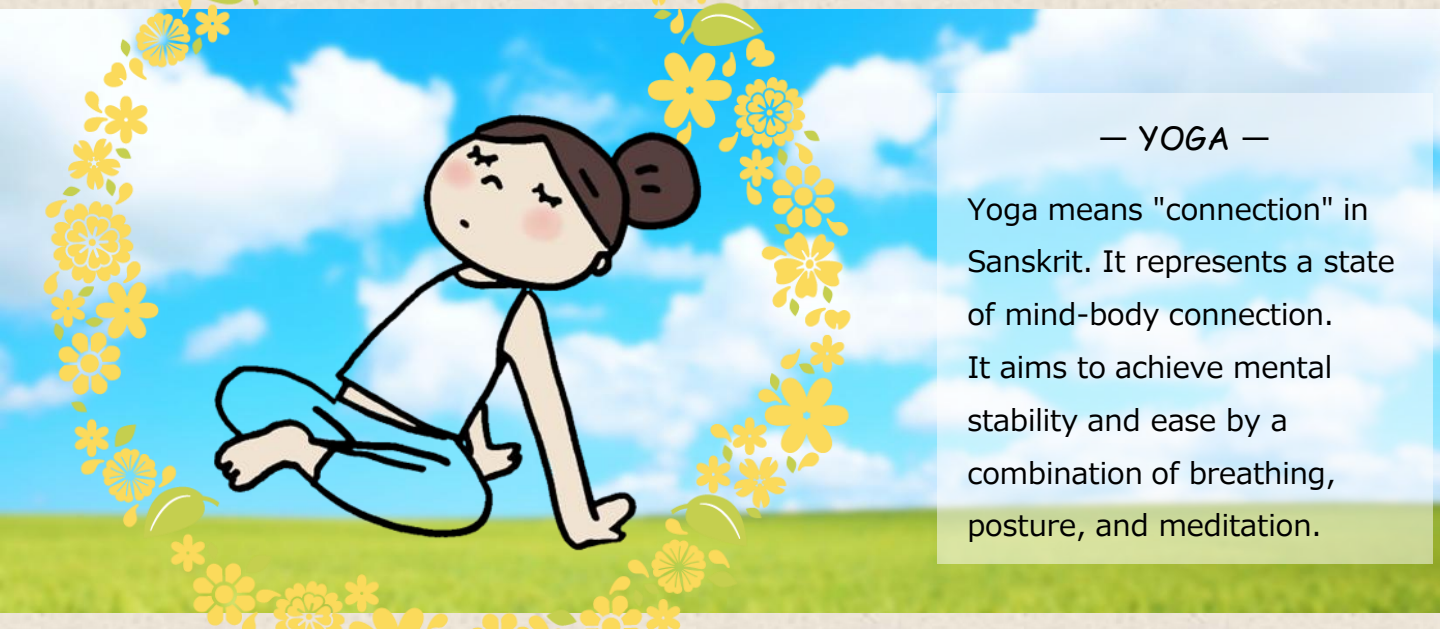
OIC Student Support Room Presents
Stress Management Project 2026



— 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 AM9:30-10:30

Oct. 28th (Wed)
Nov. 20th (Fri)
Dec. 9th (Wed)

【Location】
D171（1st floor of Bldg.D）
*Use the changing rooms in Bldg. D to change.

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.

<10/28Entry> Access here
***by the day before each session**
(Max.15 persons／each)

Contact us here

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