



Participation  
free

# Online Yoga

Starting Tuesday, January 10, 2023

every Tuesday 16:45 - 17:45

Theme: "Start To Move"

Many of you must be setting new goals for the year 2023. Even though we are still in the midst of a cold winter, life that has been sleeping through the winter is steadily building up its strength in the soil and preparing to germinate for spring. We are part of nature. With the theme of "Start To Move," let's work together to build a foundation (body) that will allow us to make the most of the energy we have stored up in our bodies!

\*A space the size of a tatami mat will do!

\*Screens can be turned on or off.

Wi-Fi environment is recommended.

\*Please turn off the microphone during the lesson.

\*If you are unable to attend on the day of the class, archived lessons are also available.

\*You can also take the lesson at the following locations on campus

Location: Campus Life and Health Support Center, Main Consultation Room, Multipurpose Room (Ito District Center Zone Big Sando: 3rd floor of the building that houses the Co-op cafeteria and 7-Eleven)

★Please note that we are not responsible for any accidents or problems in the classroom.

★This class will be conducted in Japanese.



Suzu Higuchi



E-Learning System 【Moodle】  
If you wish to participate, please  
click [Register Yourself].

Central Government of India Certified  
Yoga Teacher  
Certified Yoga Therapist, Central  
Government of India  
Yoga Safety Instructor

Contact us: Campus Life and Health Support  
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