

Morning Yoga.

Ito Center Zone
Ito General
Gymnasium

Displayed on the white board

Starts from

April 10 to December 25

Time(7:25-8:05)

Participation from the middle of the event
is also OK.

Held every Wednesday

Teacher: Ryugen
(Lives in Itoshima City, Japan)
He has visited Ashtanga yoga
research institute in Mysore,
India 4 times and is a certified
Ashtanga yoga instructor.
(Authorization Level 2)

Application Method] Self-registration through the E-learning system
Yoga mats available for rent [Moodle] QR code.



free of charge

Monthly schedules and updates will be posted on Moodle!

Last year we had a great turnout of faculty, staff, students and
international students.

We are looking forward to many more participants this year!

Center for Health Sciences and Counseling
(Attn: Kishimoto, Takayanagi)

Please note that we are not responsible for any accidents or problems that may occur in class.

