



Yoga Workshop

"Yoga in Japanese & English!"



How about practicing yoga for beginners?

The yoga instructor will give you some yoga lectures & lessons by using English & easy Japanese.

Date: December, 5, (Thur.) 11:30-12:30 (Opening time: 11:20)

Venue: Room 716, West Building 9 (Ookayama Campus)

Eligibility: Science Tokyo members

Cost: Free

Languages: English and easy Japanese

Capacity: 25 people (first-come-first-served basis)

Application: Kindly scan the QR to enter by Nov, 28. →

Program: i) Lecture ii) Lesson iii) Cool down



Yoga Instructor : Yuya Shiomi

Mr. Shiomi obtained his American Alliance Registered Yoga Teacher 200-hour license (a.k.a. RYT200) in Dharamsala, Northern India. After living abroad, he returned to Japan in 2016 and started working as a yoga instructor at several sports clubs and yoga studios. Currently, he manages a health online salon and a yoga house, where he offers the lessons of mindfulness meditation, breathing techniques, and healing practices.



Preparation/What to bring

-Easy-to-move clothes
(If you want to change clothes, kindly use restrooms and so on in advance.)

-Drinks (water, tea, etc.)

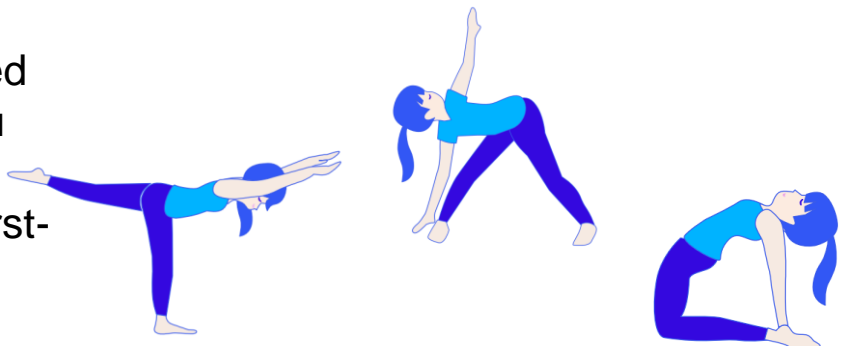
-Yoga mat or bath towel

The Room 716 is a carpeted

room. If you don't mind, you

can do yoga on the carpet.

(Mats can be rented on a first-come, first-served basis.)



Inquiry: gedu.w1@adm.isct.ac.jp

Science Tokyo Global education division/planning group