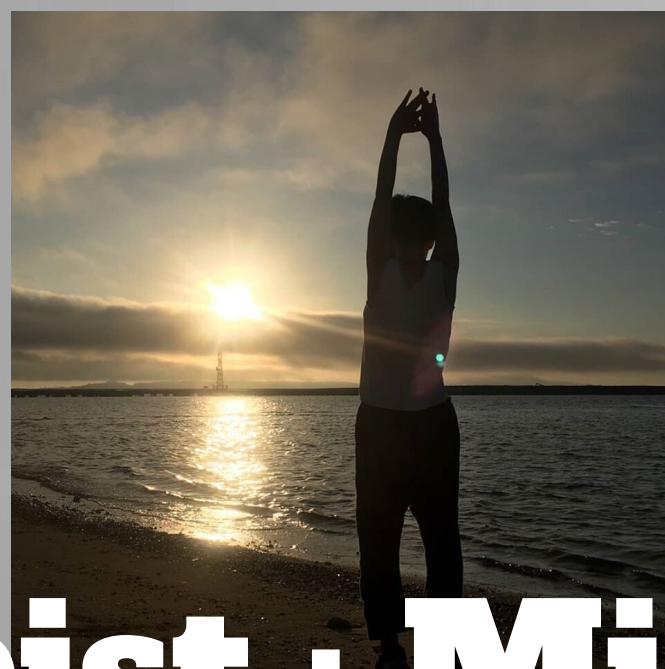


YOGA THERAPY



Yoga Therapist : Miya Taillefer

Certified by the Japan Yoga Therapists Association & the Indian Central Government-accredited by Swami Vivekananda Yoga Anusandhana Samshana (S-VYASA). Certified yoga instructor (YIC) and yoga/therapist (YTIC).

Saturday: July 24th, August 28th, September 25th
10:00am-11:30am

@Ocean View Room

※ **We may do it outside depending on the weather.**

Focus: Rehabilitation therapy, elements of prenatal and postnatal birth, health promotion, relaxation and stress management.
Classes will be taught in Japanese and little English.
The Language exchange is welcomed!

Registrations
here

All OIST members
1,500 JPY

