

Online Relaxation Workshop

- Learn how to relax your mind and body -



It's Time to Give your Brain a **Break!**

2021.3.26. (Fri.)
12:00-13:00

Introducing a **guided imagery**
to release anxiety and worries

Breathe in the serenity and
let our counselor guide you to create
your own comfortable place

Eligibility

All Hokkaido University Students

Location

Via Zoom

Application

Scan the QR code ➡ or
Email us at inq@sacc.hokudai.ac.jp

In your email, please include ①your name,
②student ID number, ③affiliation, ④degree year



SCAN ME

We will send the Zoom link and workshop information
by email.

Student Advice and Counseling Center

**International Student
Counseling Office**

Tel: 011-706-8001 (9:00-17:00)

Email: inq@sacc.hokudai.ac.jp

