

Online Relaxation Workshop

- Learn how to relax your mind though body -



It's Time to Take a deep Breath!

2022.3.18. (Fri.)
12:15-12:50

Through Tapping and Breathing techniques, you can experience a release of tension and create space in your body.

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 you 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

