



Contribution ID: 305

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Slow Yoga 1

TITLE

RELEVANT SIG

FORMAT

Short English description

KEYWORDS

First-time presenter?

ABSTRACT

Come along for a slow and refreshing yoga session where you'll have a chance to unwind and reset in between presentations. These classes are beginner-friendly, so come and have a go even if you've never stepped on a yoga mat before. We will work on some simple yet effective yoga poses to help calm the mind, quiet the noise, and ease the jitters. Wear something comfy and easy to move in.

Presenter: SMITH, Ellie (Aichi University)