

Session Program

23-24 May 2026

Building Language Competencies
Through Community

May 23-24, 2026 - Nagoya, Japan



PanSIG 2026 - Building Language Competencies through Community

Wellness Sessions

Chukyo University - Nagoya Campus

Saturday 23 May

11:40

Wellness Sessions: Wellness Session - Sat morning

Session | **Location:** Chukyo University, 0号building/7-07A - Wellness Sessions

11:40-12:10 **Slow Yoga Class**

Speaker

Ellie Smith

12:10

15:45

Wellness Sessions: Wellness Session - Sat afternoon

Session | **Location:** Chukyo University, 0号building/7-07A - Wellness Sessions

15:45-16:15 **Guided Meditation**

Speaker

Dr Shawna M. Carroll

16:15

Sunday 24 May

11:05

Wellness Sessions: Wellness Session - Sun morning

Session | **Location:** Chukyo University, 0号building/7-07A - Wellness Sessions

11:05-11:35 **Slow Yoga Class**

Speaker

Ellie Smith

11:35

14:10

Wellness Sessions: Wellness Session - Sun afternoon

Session | **Location:** Chukyo University, 0号building/7-07A - Wellness Sessions

14:10-14:40 **Guided Meditation**

Speaker

Dr Shawna M. Carroll

14:40