

For all those seeking refugee status,
please join us for weekly gathering!



Yoga & Meditation Class

Date: Every Monday (Except public holidays & 5th Monday of the month)

Time: 15:30 ~ 16:30 (after the Japanese class)

Location: Enjo-Shudokai, Light Heim Hall

※See the map of the Japanese class

Address: 2-24 Ichigayatamachi, Shinjuku-ku

Language: English & Japanese

Cost: Free (Transportation up to ¥1,500 reimbursed)

In case of emergency,
please contact

Mr. Akimoto : 090-2402-3740 Ms.

Kobayashi : 080-3093-8820 Ms.

Nagashima : 070-1577-0030

Experienced & friendly Yoga instructors
Michael, Claire, and Heidi run the classes!



なんみん

にほんごきょうしつ

あんない

難民のみなさまへ 日本語教室のご案内

REN's Japanese class for asylum seekers

むりよう にほんご こ づ だいかんげい
無料の日本語クラスです。お子さん連れも大歓迎！

The class is free of charge! Transportation reimbursement (Up to ¥1,500).

We love to have moms & dads accompanying babies/kids ❤️



にちじ まいしゅうげつようび しゅくじつ だい げつようび のぞ
日時：毎週 月曜日 (祝日と第5月曜日を除く)

13:30 ~ 15:00

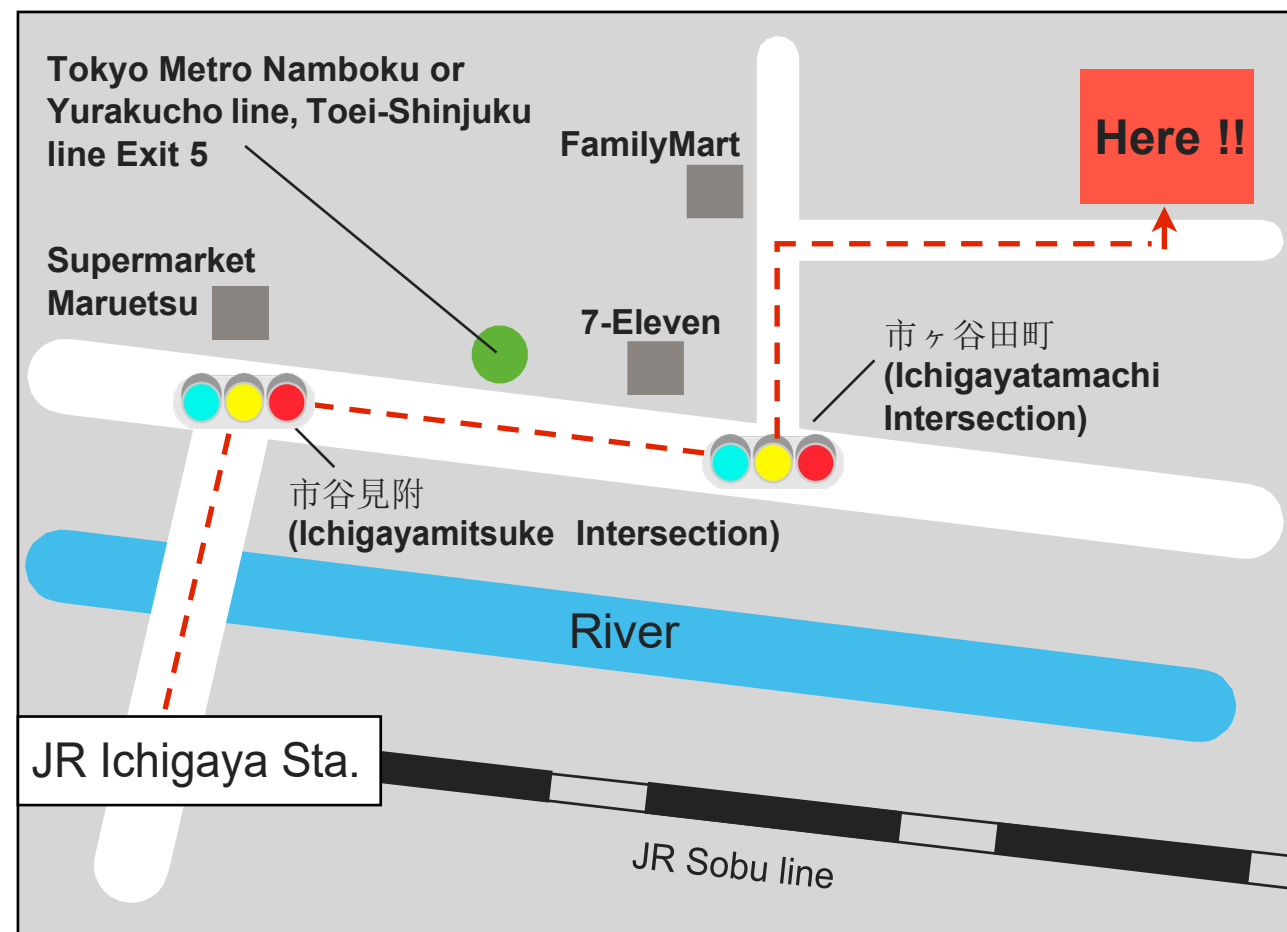
Date : Every Monday (Except public holidays & 5th Monday of the month)

ばしよ えんじょしゅうどうかい りひとほーる
場所：援助 修道会 リヒトホー

Location : Enjo-Shudokai, Light Heim Hall

じゅうしよ しんじゅくく いちがやたまち
住所：新宿区市谷田町 2-24

Address : 2-24 Ichigayatamachi, Shinjuku-ku



WEBサイト:

Refugee
Empowerment
Network (REN)
難民自立支援ネットワーク

れんらくさ
連絡先 (Contact)

Ms. Yanagishima : 090-9345-9986

Mr. Akimoto : 090-2402-3740

Ms. Kobayashi : 080-3093-8820

What else we offer...

- ★ Free packaged & canned foods.
- ★ Free Yoga class. The details are on the back!

