

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

✕ 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!