

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



## Yoga & Meditation Class

**Date:** A few times a month (To be confirmed)  
Wednesday, after the Japanese class

**Time:** 15:30~16:30

**Location:** Enjo-Shudokai, Light Heim  
※See the map of the Japanese class

**Address:** 2-24 Ichigayatamachi, Shinjuku-ku

**Language:** English & Japanese

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

**In case of emergency,  
please contact**

Ms. Kobayashi : 080-3093-8820

Mr. Akimoto : 090-2402-3740

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