

Breathe in deep: a night at Jingu

JINGU STADIUM NIGHT YOGA

Ultimate yoga experience in Tokyo's oldest baseball stadium .
Tonight, your VIP seat awaits you in center field .

2017. 5.15 - 9.26

© OSAMU NAKAMURA

NIGHT YOGA SCHEDULE & LECTURER



INFORMATION

Meiji Jingu Stadium is located in Tokyo's Meiji Jingu Gaien Park. A hallowed place for fans of the Tokyo Yakult Swallows, it is also here at Jingu Stadium that the yoga event, Jingu Stadium Night Yoga will be held. This event is part of "Jingu Active Icon", a movement to encourage more active and relaxed use of Jingu area; it is intended to promote health communication, realizing an "energetic society" through the use of Jingu Stadium downtime. Feel good as you take in the night breeze while doing some relaxing yoga in this unique and special setting.
* Last minute event updates (cancellations due to bad weather, etc.) will be available around 4 pm on the day of the event.
Please note that there may be cancellations even after that time due to sudden weather changes or unforeseen circumstances.

Location: Meiji Jingu Stadium ball field
Kasumigaoka-machi 3-1, Shinjuku-ku, Tokyo

Reception area: Meiji Jingu Stadium Entrance 7
Time: 19:30-20:30. The doors will open at 19:00.

Participation fee: Free of charge

Eligibility: 18 or over, in good health

What to bring: A yoga mat or plastic sheet, bath towel, etc.

Availability: Limited, reception may close if all places have been filled.
Participants will be asked to sign a release form at reception on the day of the event.

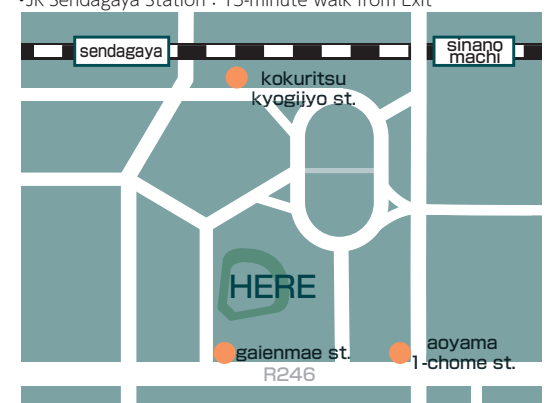
- Notes**
- If you are wearing high heels or other shoes that could damage the artificial turf, please take them off at the entrance.
 - As there are no changing rooms available, please come in comfortable clothes suitable for yoga.
 - No eating or drinking is permitted (except for water) on the ball field.
 - Instructors and event times may change.
 - The event will be cancelled in the case of rain or inclement weather (please check the website for notifications).
 - Entry for purposes other than yoga (observation, etc.) will not be permitted.

By subway

- Tokyo Metro Ginza Line(G03) Gaienmae Station: 5-minute walk from Exit 3
- Toei Subway Oedo Line(E25) Kokuritsu-Kyogijyo Station: 12-minute walk from Exit A2

By Train

- JR Shinanomachi Station : 12-minute walk from Exit
- JR Sendagaya Station : 15-minute walk from Exit



[English support area]

The main aim of the English support area is to facilitate the interaction of Japanese and foreign yoga enthusiasts. In preparation for the 2020 Tokyo Olympics, we expect this event to become more international.

Please join us and enjoy the wide-open grass field and starry night sky in the center of Tokyo. English speaking staff will be there to support you.

ACTIVE ICON COMMISSION

✉ info@active-icon.com

<http://www.active-icon.com/>

Under the auspices of "Smart life project" (Ministry of Health, Labor and Welfare)
Cooperative companies



A-CROSS参加企業
伊藤忠商事株式会社 株式会社オークネット OVE 株式会社J.C.O.S 株式会社 コスモ・コミュニケーションズ
東急不動産株式会社 日本オラル株式会社 ニュートラルワークス ハースト婦人画報社 株式会社ブレイン

