


Breathe in the tranquil evening air of Jingu.

JINGU STADIUM NIGHT YOGA 2018 SPRING & SUMMER

© Yasuyuki Kobayashi



 4/30 Mon KAYOKO ISOBE	 5/10 Thu YOSUKE ONO	 5/16 Wed MEGUMI YAMASHITA	 5/24 Thu AMI NISHIHATA	 6/02 Sat YUSUKE ASANO	 7/15 Sun RIO MATSUMOTO
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2018 SCHEDULE & INSTRUCTORS

 YUKO IMAI	 7/26 Thu MAIKO AKUTAGAWA	 8/03 Fri TAMA O	 8/29 Wed AKIRA WATAMOTO	 9/03 Mon KEN HARAKUMA	 9/10 Mon NAOTO NAKAMURA	 9/18 Tue
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Free of charge! No reservation needed! We welcome foreigners to the Jingu stadium night yoga. English speaking staff will support you!

[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 middle of Tokyo. English speaking staff will support you.

Location	Meiji Jingu Stadium ballfield
Reception area	Meiji Jingu Stadium Entrance 13
Time	19:30-20:30. The doors will open at 19:00.
Participation fee	Free of charge
Qualifications	18 or over, in good health Participants will be asked to sign a release form at reception on the day of the event.
What to bring	A yoga mat or plastic sheet, bath towel, etc.
Availability	Reception may close if all places have been filled.

- Notes**
- No entry will be permitted for any purposes other than yoga (observation, etc.).
 - Entry is not permitted to those under 18.
 - If you are wearing high heels or other shoes which may damage the artificial turf, please take them off at the entrance.
 - As there is no changing room available, please come in comfortable clothes.
 - No eating or drinking is permitted (only water may be drunk on the ballfield).
 - Instructors and event times may change.
 - The event will be canceled in case of rain or inclement weather (see the website for notifications).

ACCESS
Kasumigaoka-machi 3-1, Shinjuku-ku, Tokyo



ACTIVE ICON COMMISSION <http://www.active-icon.com/> info@active-icon.com

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

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