

# JINGU STADIUM NIGHT YOGA

## 2019 SPRING & SUMMER

Breathe in the tranquil evening air of Jingu.

© Yasuyuki Kobayashi

## 2019 SCHEDULE & INSTRUCTORS

4  
22  
mon



**N** aoto Nakamura

5  
04  
sat




**R** io Matsumoto

5  
12  
sun



**A** CO

5  
20  
mon



**S** hunsuke Sakami

6  
02  
sun



**R** eina Saito

7  
12  
fri



**J** uri Edwards

7  
24  
wed



**T**-AMAO

**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.

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 our social media pages for up to date info).



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

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Lenovo



ORACLE

東急不動産

CAINZ

yogageneration



A-CROSS参加企業

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