

**March 8th, Sunday, 9:00 AM - 10:00 AM**

**Free event**

# **morning**yoga

**Venue: Arisugawa Memorial Park, Lawn Square (the square with the statue of the young flute player)**

**Instructor: Kokoro Ito (yoga instructor)**

## **[What to bring]**

**Yoga mat or bath towel, etc.**

**\*Equipment will not be provided.**

**\*Please wear comfortable clothing.**

**There are no changing rooms.**



**Anyone can**

**participate.**

**No reservations**

**required.**

**Organizer: Arisugawa Memorial Park Management Office,**

**Please see the homepage for details. <https://minato-park.jp/azabu/>**

**\*The event will be cancelled in the event of rain. It will also be cancelled if it rains the day before. In the event of a cancellation, we will notify you on the park's website by 8:00 AM on the day of the event.**