

研究または人生:「適応」と「管理」

「精神的に、心理的に、あらゆる面で、適応し管理できる人だけが、最も幸せです。なぜなら、どこへ行っても、雰囲気、状況、食べ物、衣服、利用可能なものすべてに適応できれば、幸せになれるからです。そうでなければ、心は沈んだままになります。どんなリソースでも管理することを学べば、常に幸せになれます。

シヴァ・ルドラ・バラヨギ (ババジ)

Source = <https://shivarudrabalayogi.org/babaji/teachings/>

“6月22日が世界ヨーガの日であること、あわせて菊芋が世界を救う!”に参加して

小松義隆

ヨーガとの付き合い? 経験?? はいつから始まったのか記憶を手繰り寄せると、小学生の時に一度母親が参加していたクラスに混じった時であろう。とはいえ、ずっと続いたわけでもなく、1度限りであったはず。紆余曲折があり、たまたま筑波大学の院生となったことでRandeep先生に出会い、玄朴先生とは大学院共通科目にYOGAクラスが加わるというタイミングからのお付き合いが始まったということを書いておきます。

Randeep先生との縁によりインド人コミュニティと繋がることとなり、素敵な友達のみならずインド文化(食事・スポーツ・ヨーガ)に触れる機会が増え、今回の福島県飯舘村におけるイベントに参加とることになりました。

“国際ヨガの日”が最初に提案されたのは、2014年9月27日の国連総会におけるモディ首相の演説においてであり、今回は在日本インド大使館より、Sanjay Kumar先生とその生徒さんが来ることになりました。Kumar先生から挨拶があり、アーサナ(呼吸法・姿勢等)に関する説明があり、あっという間に1時間半が過ぎ去ってしまいました。本来であれば、受けた内容に関する記事を記載すべきではありますが、Randeep先生・玄朴先生・小倉先生に参加された皆さんがより詳しい内容を投稿されると思うので、みなさんにお任せをしたいと思います。

残念ながらKumar先生はイベント終了とともに戻ってしまいましたが、私は飯舘村の宿泊施設にてRandeep先生らと1泊をしました。



晩御飯

宿泊施設は素泊まりではあるものの、食事が用意されるようにRandeep先生が手配をしてくれていました。食材は地のものをふんだんに使用されており、とても美味しいものでした。その際、飯舘村に住んでいらっしゃる方々のお話を聞く機会があり、その中で“自生されているものは食べることができず、新たに育てたものだけは食べられる”というのがとても印象的でした。

福島を離れる前に浪江町との境まで行く時間を設けてもらい、街並みをみることができました。地表面付近の線量はまだ高い地域もあり、かつ除染された土のフレコンバックがまだ山積みになっている一方で、新しい施設(公民館や公園等)が建設されている状況には、なんとも言い難い印象を持ちました。



地表面の線量を測定 @浪江町との境



簡易的な水力発電施設



道の駅にて

交流センターふれ愛館: <https://www.vill.iitate.fukushima.jp/site/fureaikan/>
宿泊体験館きこり: <http://iitate-kikori.jp/>



Sanjay Kumar 先生と生徒さん



玄朴先生とRandeep先生



国際ヨガデーに関する幟

アーユルヴェーダとヨーガの関連性

小倉杉絵

「アーユルヴェーダ」「ヨーガ」とともに源流はVEDAにあります

VEDAは「智慧の源泉」であり「幸せの書」そこから読み解くと

二つは「悟りに到達するための方法」と関連していることがわかります

具体的には、アーユルヴェーダは主に身体の健康、ヨーガは心の健康が得意な分野です。

アーユルヴェーダ

アーユルヴェーダでは「生まれてきた目的～」について

4つの目標が存在すると言われています。

「人生4つの目標」

1つ目の目標は「ダルマ」です。

自分自身の使命や情熱に集中し、充実した時間を過ごすことを意味します

2つ目の目標は「アルタ」です。

ダルマによって財産や豊かさを得て生活することを指します。

3つ目の目標は「カーマ」です。

この目標には、善意や他人を助けることが含まれます。

そして最後の目標は「モクシャ」です。

これは、悟りや成熟した人間性を追求することを意味します。

3つ目の3つ目「カーマ」:欲望ですが

「欲」や「カルマ」という言葉は良い印象がない方もみえるかも知れませんが「欲」にも良い欲、悪い欲が存在します。例えば「人を助けたい」「ダルマを達成したい」「悟りに至りたい」といった欲は、良い欲望となります。

ヨーガ

ヨーガの瞑想は、「自分が何のために生まれてきたのか」～という問いに対して、深い意識の階層から答えを見つけ出す力を持っています。

瞑想やマントラ、聖典の学習など、ヨーガ

にはサットヴァ(浄性)を増やすには知恵の宝庫です。サットヴァが増えると、心が静まり、魂が磨かれ、苔に覆われた湖が透明に澄んでいくように、自分のダルマは明確になっていきます。また、心の健康が整います。

心が健康整ってくると、自然と自分自身が自分がどのように生きるべきか分かるようになってくるでしょう。

自分の使命や目標を見つける際には、一歩踏み出す勇気や忍耐力、生きるためのエネルギーが必要です。

ピッタのエネルギーは勇気を与え、ヴァータのエネルギーは行動力をもたらし、カファのエネルギーは忍耐力を持つことを助けます。ダルマの達成にはこれらのバランスも重要です

なぜ私たちは健康を保ちたいのか？心が健康であれば、自然に生きる目的に従い、そのための生活スタイルや食事も充実していきます。ダルマに生きている人は病気になっても回復し、バランスの取れた体力を得ることができるでしょう。健康になりたい、若々しくいたいという願いは、「モクシャに到達したい」という心の奥底の望みかもしれません。

「どう生きたいのか」不安を抱える方も多い世の中かもしれませんが、日々の生活の中に、少しでもアーユルヴェーダやヨガを取り入れることで「生きている」というシンプルな事が幸せであることに気づいてきます。そして、私という存在が、とても尊さを持つことに気づけたら、何の条件も無しに、幸せで、穏やかで充実した日々を送ることができるのではないのでしょうか。

(神戸アーユルヴェーダカレッジ卒業
ヨーガ指導師 小倉杉絵)



植物の成長

荒木加奈

菊芋の良さを玄朴先生から教わり、時期が来ると探すのですが、近所のスーパーではなかなか売っていません。たまに母が地元で見つけると送ってくれます。ネットで菊芋について調べてみたら、菊芋は簡単に育ちますと書いてありました。植える時期も丁度良かったので、それなら、と端っこのデコボコした所を5つくらい切って適当に植えてみました。といっても、私は植物を育てるのに興味もなくて苦手です。庭も2、3個植えておけば勝手に増えていくよと言われたものしかありません。お花を育てて素敵な庭を造ったり、畑をしたりしている方をみると尊敬します。父の趣味の畑を手伝ったりするけれど、食べる方が専門です。

しばらくして、植えたことも忘れていた頃に芽が出てきました。



これは菊芋の葉なのか雑草なのかわからなくなり、またまたネット画像を見ると、どうやら菊芋の葉らしいと判明しました。良い具合に雨が降ったり晴れたりして、芽はどんどん成長していきました。何も構わないのに、たくましくまっすぐ伸びていきます。その成長を見ているだけで元気を貰っているのだなと気付きました。また、植物の生命力の強さにも驚かされました。全然興味のない分野でしたが、ヨーガに関わって視点が広がったからなのか、単に年なのせいなのか、少し面白いなと思いました。

菊芋のきんぴらが大好きなので、収穫できたら嬉しいですが、そうでなくても生命力を感じられる面白い経験ができたなと思います。まだまだ庭造りや畑づくりをしたいとは思いませんが、楽しんでいる方の気持ちがちょっとだけわかったのかもしれない。



菊芋発見

高橋玄朴

沖縄で菊芋茶発見

瓜田翔子さんが「とても美味しかったです」と、写真を送って下さいました。

こういうタイプの菊芋茶を私は知りませんでした。

夏の水分補給に、菊芋茶は最適かもしれません。

沖縄は、菊芋の栽培に適した気候では無いので、重要な発見かと思えます。

なぜなら、菊芋の流通が日本中に広がっている決定的証拠の一つと言えるからです。

今まで、私は生産者の目線で菊芋を観たり、調べてきました。

これをきっかけに、消費者の目線で菊芋を調査したいと思います。

皆様、思いがけないところで、菊芋を見つけたら、教えていただけますか。国の内外を問いません。



筑波で菊芋が群生していた

福島から筑波に戻り、皆でおいしいタイ料理をいただいた。

タイ料理店の軒下に何種類ものハーブが植えられているのを楽しみながらのランチタイムだった。そして、店をでると道路を挟んだ向かい側に菊芋が群生しているのが見えた。空き地に、菊芋が雑草として生えているのか、

それとも、菊芋を栽培しているのか一見してわからない。

近づいてみると、70-80センチほどに伸びた茎はしっかりして、土手などに雑草として生えているのとは違う。

栽培しているのでなければ、梅雨明けごろまでには草刈り機の犠牲になっているだろう。

周囲に葛が絡みついている。根からくず粉が取れる。

最近、じゃが芋で代用した効果のないくず粉が売られているが、風邪を引いたりおなかを壊したりしたときに、

葛湯を飲むと楽になる。

特にストレスで風邪気味でおなかを下した時は、葛湯がいい。漢方薬の葛根湯は解熱鎮痛効果があるというが、体の芯のコリがほぐれて、ウイルス感染症の悪化を防ぐ。

COVID-19流行以来、菊芋に加えて葛根湯を手放せなくなった。

江戸時代の藪医者はどんな患者にも葛根湯を処方したという。

成分：葛根、大棗(ナツメ)、麻黄、甘草、桂皮、芍薬、生姜。



菊芋

くず

呼吸法から得たもの

折居由加

家事・育児・仕事・勉強...毎日がフル回転で頭の中が忙しい日々が続いています。

きっと、それは私だけではなく多くの人が同じなのではないでしょうか？

変化の激しいこの時代についていくのは、心も体もなかなか大変なものがあります。でも、その日1日クタクタに疲れていても朝起きると活力を感じられていることは本当に有難いことだと感じています。

やはりその理由は体を整えること・心を整えることを学ばせていただいていたことが大きく関係していると思います。

10歳の息子は脳性麻痺があり、生活のほぼ全てにおいて介助が必要となります。

身長も私と20cmくらいしか差がなくなり、体重も30kg近くとなりました。

抱きかかえるには危うさを感じることも増えています。

感情も育ち、息子も年相応とはいかずとも日々いろいろな想いがあるようです。

しかし、育児に関して最近、不安や怒りやイライラを感じることがあまりなくなりました。

この根底には、玄朴先生から学んできた『お母さんの呼吸は子どもに伝わる』という教えがあるように思います。このことを教えて戴いたのは息子が生後しばらくGCUに入院していた頃でした。私は毎日面会に行きカプセルの中にいる息子を見守るだけで、できることはあまりないようにも思いましたが、“穏やかな呼吸を息子に伝えること”ができるのだと知りました。もちろん、さまざまな不安や心配があり理想通りにはいきませんが、心がけてはいました。

また、息子は3歳ころからてんかん発作が頻繁になり、自力では止められないことも多かったので救急搬送を20回以上しています。私にとっても何度体験しても嫌なもので、い

つも体は震え頭は一瞬真っ白になります。しかし、息子をなるべく安全に速やかに搬送するためには“リセット”が必要です。ここでやはり呼吸が役立ちました。“ひと呼吸”意識し、吐く息を長めにすると、少しは平常心が戻り、救急要請の電話対応で状況をしっかり伝えることができ、搬送準備ができました。

もう一つ、私が印象的に残っているのは、まだ息子が療育施設(障がいを持つ子どもの幼稚園のような所)に通っていた頃、朝お迎えのバスの時間が迫っているのにも関わらず、息子がバギーに乗るのを嫌がり座らせるのに苦戦していました。私はその日とてもイライラしていて、息子を少し乱暴にバギーに座らせてしまいました。

そして...夕方息子はてんかん発作を起こしました。

私は、自分のイライラした呼吸が息子に伝わったことも理由のひとつかもしれないと、心から申し訳ない想いになりました。息子が発作で苦しむことに比べれば、私のイライラは大した理由ではなかったのだと心から反省しました。



今私にとって真に大切なこと、それは息子が“気分よく元気に”過ごせるよう、私自身も気分よくあること。イライラした時には、“ひと呼吸”の意識を自分に向けたり息子から離れたところで呼吸を整えたりし“リセット”するようにしています。

息子の障がいについてや、それに伴って日常生活で大変なことが様々あること、将来の不安ももちろんありますが、自分が体や呼吸を整え“気分よく”過ごしていると、自分の人生を輝かせてくれることの軸となるものが身に沁みてわかるようになり、日々の子育ては楽しく、息子の成長が心からの喜びとなっています。



文化の基底は、呼吸法と食養にある!

高橋玄朴

2023年6月19日、国際ヨーガデーに際して「リブウェル新潟松崎」が発表した「日本人のヨガ動向の最新調査結果」がある。

(NIKKEI COMPASS :

https://www.nikkei.com/compass/content/PRTKDB00000002_000023434/article)

日本のヨーガ人口は、1,100万人で、まだ増え続けていると、数を誇っている。そのうち、3割の人が、YouTubeやビデオなどでの独学だという。

一方、15歳以上の人でヨーガを全くしない人は、日本人の約90%。ヨーガに全く関心がなく、今後もやろうとは思わない人は、60.65%。やっていないので何時かは、やってみようという人は、27.25%。

さて、60年来ヨーガをしてきた私のエゴは、「ヨーガ人口がもっと増えて欲しい。みんながヨーガをするようになって欲しい」と考える。

しかし、この考えは社会全体を考えたときに、調和を持った考え方と言えるだろうか。スポーツ、旅行、演劇や映画、踊りダンスなどの芸能を習うあるいは観賞する、そのほか読書、作詞、絵や書を描いたり鑑賞したり。手芸や木工、園芸また、農作業に喜びを見

出す人もいる。豊富な文化現象の中で、ヨーガを切り分けて調査するのはいいが、その数を誇ることは慎みたい。

私たちは、「社会貢献」としてみんなのヨーガ活動をしている。そして、「ヨーガ」という言葉を使うが、「ヨーガ」という言葉から自由になりたい。「ヨーガ」という言葉の束縛から解き放されたい。だから「ライフスタイル」という言葉を強調している。

「ライフスタイル」の視点から考えれば、先にあげたどのような文化現象もが「生活」の中で調和がとれた形で行われれば、どれも、「健康にいいし、リラックス効果」がある。これは、ヨーガを始める最も高い動機と、何ら変わらない。

この調査では瞑想についても問うているが呼吸法についての問がないのが、私には不可解だ。そして、食習慣について何も注意が払われていないのも、不可解だ。例えば、食後何時間後にヨーガをするか、とか。

呼吸をしない人はいない。何も食べない人もいない。一生というスケールでいうなら、ヨーガの基礎を呼吸法と食養に、置くべきではないか。

喜びも悲しみも幾年月 ― 一隅を照らす

高橋玄朴

人は、周囲の人に希望を与える灯だ。

その灯は毀誉褒貶に揺さぶられ辛酸をなめている人の心の闇にも光を当てる。逆に、喜びに満ちて快適人生を慕進しているかに見える人心にも悲しみや不安の翳があるが、そのような翳にもその灯は光を当てる。

一生という極めて短い瞬間、それこそ宇宙の生成から消滅までの時間の中の、無きにも等しい時間に生きるいのちは、希望の灯を輝かせるための存在なのかもしれない。

我々が交流できる範囲は、どんなに幅広く活動するにしても社会のごく一部だろう。ましてや、2024年には世界人口が81億1900万人だという。私という存在が灯す光が届く範囲は、世界全体から見れば微塵のようなもの。宇宙から見れば、無きに等しい。

それでも私たちの一人一人は、光を灯し周囲に希望を与えている。

誕生したばかりの赤子を見て我々が笑顔になるのは、赤子の中に希望の光をみるからに違いない。

そう!

私たちは一隅を照らす灯として誕生したのだ。

天寿を全うしようが、事故や病気で亡くならうが、その人の死に我々が心を痛めるのは、その人が照らしていた光が消えたからに違いない。



「一隅を照らす」とは、日本の天台宗開祖最澄(767年-822年)の「山家学生式(さんげがくしょうしき)」にある言葉だ。

その意味はおおよそ「道心のある人は国の宝である。その人は、社会の中で光も差し込まない暗がりに住む人々に灯を差し出すからだ。道心のある人は国の宝だ。直径3cmもある巨大な宝石が宝なのではない。道心のある人をインドでは菩薩と呼び、中国では君子と呼ぶ。」というものだ。

しかし、私は道心のない人などいないように思う。

極楽非道でも、貪欲の塊でも、その人にとって最も身近な人には、心優しく接するに違いない。私は信じる! 狂気であり続けることのできる人はいないと、……。

善悪は相対的…! 絶対的な善悪というものはないのだから……。

今、私は「喜びも悲しみも幾年月」という映画を思い出している。

この映画は、灯台守の若い夫婦が、昭和7年(1932年)最初の任地東京湾の観音崎灯台に着くところから始まる。以後、彼らは辺境の岬や孤島の灯台を転々としながら、厳しい暴風雨や吹雪、濃霧の中で一時でも灯台の光が消えないように働き続けた。

歴史は、まっしぐらに太平洋戦争へ向かっている。この動乱の時代に、様々なことが起きた。夫婦仲が陰悪になった時もある。二人の子供を育てる。同僚の灯台守が艦載機の銃撃により死亡する。息子は、大学受験に失敗し、遊び歩き、不良と喧嘩をして殺される。娘は、灯台守とは絶対に結婚しないという。

娘の願いは叶い、幸せな結婚をし、夫の任地カイロへ向かう。灯台守の夫婦は娘たちの乗った船を双眼鏡で追手を振り続ける。船は、それに答えたのか汽笛を鳴らしつつ視界から消えていった。……。

灯台守は自らに課した義務を日々果たし続けるしかない。

万国共通のルールに従って点滅する灯台。船は、その光により位置と行き先を確認し、安全な航行が出来る。客船や貨物船だけでなく。軍艦も灯台の光に守られている。敵国の軍艦だろうが味方の軍艦だろうがその区別はない。残酷非道の殺戮を繰り返す海賊船も灯台の光に守られている。

灯台の願いは、すべての船の安全なのだ。

幸運をもたらす船か不幸をもたらす船かを灯台が知る必要はないのだ。

私は、15歳(1957年)の時、この「喜びも悲しみも幾年月」をみた。

私は映画館や観劇、スポーツの観戦をほとんどしたことがない。なぜなら、観劇や観戦をした後、体が凝り頭が痛いからだ。そういう自分がなぜこの映画を見たのか記憶がない。それだけにこの映画の印象は強く記憶に残っている。

当時の自分は灯台守にちょっとあこがれてみた。しかし、体力がない、運動が苦手な自分にできる仕事ではないとすぐ気が付いてから、すっかり忘れていた。

飯舘村から中川村に戻って数日、庭の植物、近隣の田畑。近くに見える山々を見るときも見ていた。何気ない緑が其処にある。

風景は違うが自然の営みは、飯舘村と変わらない。

それなのに、かの地は放射線に汚染されている。

うっかり山林に足を踏み込むと、そのの

放射線量は国の基準値をはるかに超えている。

飯舘村の方々は、あの大地震に生き抜いて、想像を絶する線量を凌ぎ、力強く生き続けている。

その力強さは希望の光だ。私の心の暗闇を照らしてくれている!

このように思った時「喜びも悲しみも幾年月」を思い出したのだ。

誤解のないように、付け加える。

私は、原子力発電がいいと考えたことはない。核兵器などは論外だ。震災後の政治や行政の取り組みが成功していると考えたことはない。

我々は、自らの心のごみにより汚染されている。だから、ごみを取り払わなければならない。

そのための技術が、禅でありヨーガだと私は考えている。

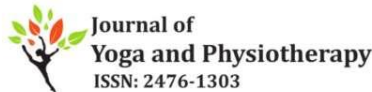


(監督: 木下啓介、出演: 高峰秀子、佐田啓二、公開 1957年10月1日)、Public domain WIKIMEDIA COMMONS ; Yorokobi mo kanashimi mo ikutoshi tsuki 1.jpg

大学院生のためのサマーヨーガキャンプの企画

学業と生活上の問題に対処するための
コミュニケーションと自己理解を深める必要性

Sumei H, Yoh I, Yuka A, Genboku T, Randeep R



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Designing a Summer Yoga Camp for Graduate Student's: The Need for Communicating Issues and Understanding Self for Navigating Academic- and Life-related Issues



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Abstract

The demands of a university graduate school and graduate research can be overwhelming (stuck/stumped, fatigued/burnout) to many students, especially during the first/early semester/s. And, this is especially true for international students moving to a different and new socio-cultural and academic-research environment. How do the students cope with such transitions and stresses is a hot topic amongst students and staffs across universities, globally? Graduate students are speaking out more than before on how this 'mental health' issue is affecting their academic and personal lives. Under serious situations, graduate students may fall into depression (clinical) and may have to take medication. Short-term or long-term (chronic), such stresses have to be mitigated, and research has started to emerge on this topic and to address its pastoral support networks and professional counseling are prominent. Here at University of Tsukuba, with a big graduate school population, we (Rakwal and Takahashi) have been utilizing the ancient wisdom of yoga to help graduate students communicate better to self and develop a mindset to complete their goals, i.e., to graduate and connect to their future paths (career-life goals).

Notwithstanding the yoga course, a social innovation project was also created to further the discourse on yoga practice in relation the current society and its needs. Based on the continuous questions and concerns of the students to learn deeply and utilize yoga as a holistic approach, a new idea emerged. It was reasoned that a specially designed 'Yoga Camp' (YC) might provide graduate students answers for their anxieties. This structured YC environment was presented to the graduate students where their daily yoga practice (asana, breathing and meditation) was integrated with aspects of 'samu' (Zen-like life training) to allow them to slowly look within, gradually understanding their core issues and purposes in life and research. This viewpoint details the YC structure and process and concludes by analyzing the lived experience of two graduate students to answer their innermost questions for the future.

Keywords: Graduate Student; Summer Camp; Yoga; Emotion; Behavior; Stress; Philosophy; Experiences

Background

Graduate Students-Concerns

The university is a place of study, and especially for graduate students who are exploring future paths through learning and research, it is not easy. Graduate school is challenging - and, as it should be the students venture into the unknown with a

strong desire to excel, with dreams of doing great things. Even the most well-prepared graduate students will face challenges, and as appropriately titled in a Nature Editorial [1] - "The mental health of PhD researchers demands urgent attention", and by 2 young researchers [2] - "Navigating mental health challenges in graduate school", the situation is indeed serious. Other than the reason

2023年8月に行ったヨーガサマーキャンプの記録を基に、大学院生が抱えている問題解決の糸口をヨーガと大学院教育の観点から、考察しました。

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－ 健康、伝統医学、そして幸福 －

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2024 - Tsukuba, Japan

Genboku Takahashi, Prof. Randeep Rakwal (TIAS2.0, TAIKU-UT)

みんなのヨーガ講座7月～8月の予定

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日	曜日	時間	タイトル	
2024/7/7	日	9:00-13:00	YCL 11 生命科学とヨーガ YCL 12 ヨーガの根本思想1 バガヴァッドギーター	アーサナ、呼吸法、坐禅
2024/7/27	土	9:00-13:00	YCL 13 ヨーガの根本思想2 バガヴァッドギーターと禅 YCL 14 こんな時どうする。ヨーガを生かす	アーサナ、呼吸法、坐禅
2024/8/?	土	9:00-13:00	YCL 15 今ヨーガが求められる理由 1 YCL 16 今ヨーガが求められる理由 2	アーサナ、呼吸法、坐禅
2024/9/?	日	9:00-13:00	YCL 17 冥想法 YCL 18 ヨーガと宗教	アーサナ、呼吸法、坐禅

Dr. Randeep RAKWAL, Ph.D plantproteomics@gmail.com

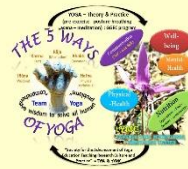
Faculty of Health and Sport Sciences & TIAS2.0, UNIVERSITY OF TSUKUBA

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ヨーガ教育・研究・実技・文化振興協会 (TYfA)

筑波ヨーガ・マインドフルネス冥想センター (tYMC)



Research or Life : ‘adjustment’ and ‘management’

“Spiritually, psychologically, in every way, only those who can adjust and manage are the happiest.

Because wherever you go, if you can adjust to the type of atmosphere, situation, food, clothing, anything that is available, you will be happy. Otherwise your mind will be brooding. If you learn to manage with whatever resources you have, you will always be happy.”

Shiva Rudra Balayogi (Babaji)

Source = <https://shivarudrabalayogi.org/babaji/teachings/>

PARTICIPATE IN 'JUNE 22ND - INTERNATIONAL YOGA DAY (JUNE 21), AND JERUSALEM ARTICHOKE SAVES THE WORLD!' KOMATSU YOSHITAKA

Connection with yoga? Experience? When I try to remember when it all started, it must have been in primary school when I joined a class my mother was taking. However, it didn't last forever and must have been a one-off experience. As I write this, I remember that there were twists and turns, that I met Randeep-sensei when I was a graduate student at Tsukuba University, and that my relationship with Genboku-sensei began when the yoga class was added to the daigakuin-kyoutsuukamoku (common postgraduate subjects).

My relationship with Randeep-sensei has connected me with the Indian community. I have had the opportunity to make good friends and experience Indian culture (food, sports, yoga), which led me to participate in this event in Iitate Village, Fukushima Prefecture.

"International Yoga Day" was first proposed in Prime Minister Modi's speech at the UN General Assembly on 27 September 2014, and this time, Dr. Sanjay Kumar and his students were invited by the Indian Embassy in Japan. Kumar gave a speech and explained asanas (breathing techniques, postures, etc.), and the hour and a half went by quickly. I should describe what I received, but I'm sure everyone who attended Randeep-sensei, Genboku-sensei, Ogura-sensei and others will post more detailed information, so I'll leave it up to you.

Unfortunately, Dr Kumar returned at the end of the event, but I stayed overnight with Randeep-sensei and others in an accommodation in the village of Iitate.



Dinner

Although the accommodation was on a room-only basis, Randeep-sensei arranged for dinner to be prepared. The ingredients used were local and the food was very tasty. During dinner we had the opportunity to hear stories from the residents of Iitate Village. One point that stood out was that although they couldn't eat any of the natural produce, they could eat only the plants they had grown.

Before leaving Fukushima, we had time to go to the border of Namie town to see the town. Radiation levels were still high at ground level in some areas, and I had the indescribable impression that new facilities (e.g., community centers and parks) were being built while the decontaminated soil was still piled up in flexible container bags.



Measuring ground surface doses



Simple waterpower generation



At roadside Station

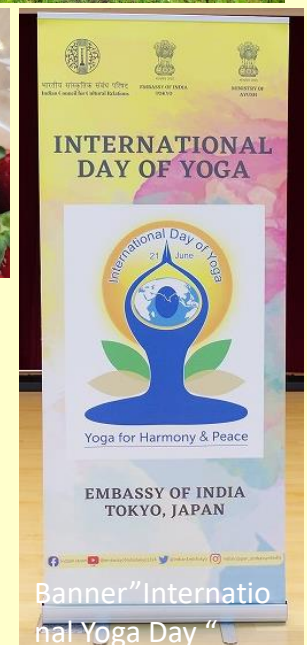
交流センターふれ愛館: <https://www.vill.iitate.fukushima.jp/site/fureaikan/>
 宿泊体験館きこり: <http://iitate-kikori.jp/>



Dr. Sanjay Kumar with his student



Genboku-sensei and Randeep-sensei



Banner "International Yoga Day"

THE RELEVANCE OF AYURVEDA AND YOGA

SUGIE OGURA

VEDA is the origin of both Yoga and Ayurveda.

What we can understand through VEDA is such as “source of wisdom” as well as “Text of happiness”.

These are led to the way to reach enlightenment. Specifically, Ayurveda is primarily concerned with physical health and Yoga is mental health.

AYURVEDA

There are 4 purpose exist as “what we are born for”

“The Four Goals of life”

The first goal is 「Dharma」: It means Spend quality time focusing on your own mission and passions.

The second goal is 「Artha」: It refers to living off of wealth and abundance through dharma.

The third goal is 「Kama」: This goal includes good will and helping others.

The last goal is 「Moksha」: This means pursuing enlightenment and mature humanity.

The third goal is 「Karma」 it means desire. We often has negative impact for the words 「desire」and「Karma」but desire has 2 aspect as good desire and bad desire. for example 「I want to help people」 「I would like to achieve Dharma」is good desire.

YOGA

The meditation of Yoga has power to lead us deeper consciousness to find the answer 「what we are born for」.

Meditation, Mantra and scripture study, Yoga is great tool to treasure trove for increase Sattva (Purity). There are so many benefits to increase Sattva, stillness

in your mind, the soul is refined just like moss-covered lake becomes clear and transparent to be aware of your Dharma. It makes your heart balanced.

When the heart is balanced spontaneously you will know how to live your life.

You need courage and patient for the energy to live and move forward to find the purpose of your life.

The energy of Pitta gives you courage, Vata provide you for actions and Kaha support you to have patient. It is important to have balance to achieve Dhrama.

Why we want to stay healthy? If the heart is healthy, you will follow the nature and it will vitalize your lifestyle and diet. People who live in their Dharma get recover when they get sick and always tune in with good physical strength.

You will realize that how happy and simple the life is just to 「being alive」 by incorporating yoga and ayurveda in your life in this anxious era of carrying 「how we want to live」. You will be full filled and there will be happiness and ease unconditionally if you have preciousness of being you, your existence.

(Kobe ayurveda college graduate
Yoga teacher Sugie Ogura)



Translated by Yoriko Matsumoto

PLANT GROWTH

KANA ARAKI

I learned about the goodness of Jerusalem artichokes from Master Genboku, and when the season comes, I look for them, but they 're not readily available at the local supermarket. Occasionally, my mother finds them in her hometown and sends them to me. When I researched Jerusalem artichokes online, it said they are easy to grow. Since the planting time was just right, I decided to cut about five pieces from its rough corner and plant them in the yard randomly. However, I have no interest and am not good at growing plants. I only have things that people say will grow on their own if you plant two or three in the garden. I admire people who grow flowers and create beautiful gardens or work in vegetable patches. I help with my father's hobby farm, but I 'm an expert on eating.



After a while, shoots came up when I had almost forgotten that I had planted them. I wasn't sure if they were Jerusalem artichoke leaves, so I looked at internet pictures again and found out that they were indeed Jerusalem artichoke leaves. They grew steadily with good rain and sun. Without any care, they grew strong and straight. Watching their growth made me realize that I was gaining energy just by observing it. I was also amazed at the strong vitality of plants. Even though it's a field I've never been interested in, perhaps my perspective has broadened from my involvement in yoga, or it's just because of my age, but I found it a

bit interesting.

I love Jerusalem artichoke kinpira, so I'll be happy if I can harvest them, but even if not, I think I've had an interesting experience feeling the vitality of life. I still don't have any desire to create a garden or work in a vegetable patch, but maybe I understand a little bit how those who enjoy it feel.



DISCOVER KIKUIMO

GENBOKU TAKAHASHI

Discovering Kikuimo Tea in Okinawa

Shoko Urita sent me the photos and said, "It was very delicious."

I had never heard of this type of Kikuimo tea. Kikuimo tea may be the perfect way to stay hydrated in the summer.

I think this is an important discovery, as Okinawa's climate is not suitable for growing Kikuimo.

This is because it is one of the conclusive proofs that Kikuimo distribution has spread throughout Japan.

Up until now, we have looked at and researched Kikuimo from a producer's perspective.

With this as an opportunity, we would like to research Kikuimo from a consumer's perspective.

If you find Kikuimo in an unexpected place, please let us know.



Kikuimo growing in abundance in Tsukuba!

When we returned to Tsukuba from Fukushima and all enjoyed delicious Thai food. It was lunchtime and I enjoyed looking at the many different herbs planted under the eaves of the Thai restaurant.

And as we left the store, we saw a cluster of Kikuimo across the road. At first glance, it was hard to tell whether the Kikuimo were growing as weeds in the vacant lot, or whether they were actually being cultivated.

Looking closer, I saw that the stems, which had grown to about 70-80cm, were sturdy and not like the weeds that grow on banks and other places.

Kudzu (East Asian arrowroot) is tangled all around. We can get Kudzu Starch from the roots.

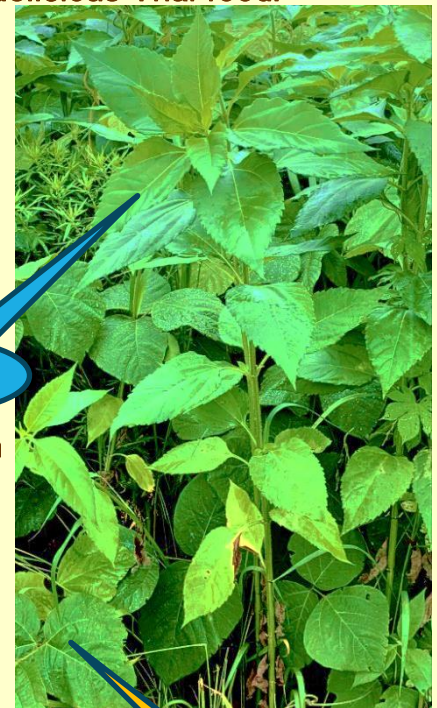
Recently, ineffective Kudzu Starch made from potatoes has been sold as a substitute, but if you have a cold or upset stomach, drinking real Kudzu soup will make you feel better.

Kudzu soup is especially good when you have diarrhea and feel like you're coming down with a cold due to stress.

The Chinese herbal medicine Kakkonto is said to have antipyretic and analgesic effects, and it also relieves stiffness in the core of the body and prevents viral infections from worsening.

Since the COVID-19 outbreak, I have become unable to do without Kikuimo and Kakkonto. It is said that quack doctors in the Edo period prescribed Kakkonto to any patient.

Ingredients : Kudzu root, Jujube, Ephedra, Licorice, Cinnamon, Peony, Ginger.



Kikuimo

Kuzu

WHAT I LEARNED FROM BREATHING EXERCISES

YUKA ORII

Housework, childcare, work, study... Every day is at full speed and my mind is busy.

I'm sure it's not just me, it's the same for many people.

Keeping up with these rapidly changing times can be quite challenging both mentally and physically.

However, I am really grateful that even if I am tired all day, I can feel energized when I wake up in the morning.

I think the reason for this has a lot to do with the fact that I have learned to prepare my body and mind.

My 10-year-old son has cerebral palsy and needs assistance for almost every aspect of his life.

The height difference between me and my son was only 20 cm and his weighed almost 30 kg.

There are more and more times when I feel that it is too dangerous to hold them. Emotions have grown, and my son seems to have various feelings every day, even if they are not appropriate for his age.

However, when it comes to parenting, I don't feel much anxiety, anger, or frustration these days.

At the root of this is the teaching that I learned from Genboku sensei, that "Mother's breath is transmitted to the child." I learned this when my son was in the hospital at GCU for a while. It seemed like there wasn't much I could do just to go to see my son every day and watch him in the capsule, but I learned that I could "tell him to breathe calmly." Of course, I had a lot of anxiety and worries and things didn't go as planned, but I tried my best.

In addition, my son has had frequent epileptic seizures since he was around 3 years old, and he often couldn't stop them on his own, so I have been transported to the emergency more than 20 times. It's disgusting for me, no matter how many times I experience it, and my body always

trembles and my head goes blank for a moment. However, a "reset" is necessary to transport my son as safely and quickly as possible. Again, breathing came in handy here. When I was conscious of "one breath" and exhaled longer, my mind returned to normalcy a little, and I was able to communicate the situation firmly by answering the phone for an emergency request, and I was ready to be transported.

Another thing that left a lasting impression on me was that when my son was still attending a rehabilitation facility (a kind of kindergarten for children with disabilities), I struggled to get him to sit down because he didn't want to ride in a buggy, even though the bus time for picking him up in the morning was approaching. I was so frustrated that day that I let my son sit in the buggy a little roughly.

And... In the evening, my son had an epileptic seizure.

I felt truly sorry for my son, thinking that one of the reasons might have been that my irritated breathing had been transmitted to my son. I sincerely regretted that my frustration was not a big reason compared to my son's suffering from seizures.



What really matters to me right now is that I feel good so that my son can “feel good and well.” When I’m frustrated, I try to “reset” by directing my awareness of “one breath” to myself or adjusting my breathing away from my son.

Of course, there are concerns about my son’s disability and the difficulties that come with it in his daily life, and of course there are worries about the future, but when I am in good shape and breathing, I am able to understand what is the core of what makes my life brighter, and I enjoy raising my child every day, and I am truly happy to see my son’s growth.



THE CULTURE IS BASED ON BREATHING AND DIET! GENBOKU TAKAHASHI

On June, 19, 2023, to mark International Yoga Day, “Livewell Niigata Matsuzaki” announced the “Latest Survey Results on Yoga Trend among Japanese People.”

(NIKKEI COMPASS :

https://www.nikkei.com/compass/content/PRTKDB00000002_000023434/article)

The survey company boasts that the number of Yoga practitioners in Japan is 11 million and still growing. Of these, 30% are self-taught through YouTube and videos.

On the other hand, about 90% of Japanese people over the age of 15 do not do Yoga at all. 60.65% have no interest in Yoga and do not plan to do it in the future. 27.25% do not do Yoga and plan to try it someday.

Now, my ego, having practiced Yoga for the past 60 years, thinks, “I want more people to do Yoga. I want everyone to do Yoga.”

However, when we consider society as a whole, can this be said to be a harmonious way of thinking? Sports, traveling, learning or watching theater, movies, dancing, and other performing arts, as well as reading, writing lyrics, and drawing or appreciating pictures and calligraphy. Some people find joy in handicrafts, woodworking, gardening,

or farming. It is fine to separate and examine Yoga from such a rich cultural phenomenon, but we should be cautious about boasting about its number.

We are doing an activity called “Yoga For All” as a “Social Contribution”. And we use the word “Yoga!”, but we want to be free from the constraints of the word “Yoga”. That’s why we emphasize the word “Lifestyle”.

From the perspective of “Lifestyle,” any of the cultural phenomena mentioned above, if they are practiced in a harmonious way in “Life,” will have “Healthy and Relaxing effects.” This is no different from the most common motivation for people to start Yoga.

It is puzzling to me that the survey asks about meditation but not about breathing techniques, and it is also puzzling to me that no attention is paid to eating habits, for example, how many hours after a meal to do Yoga..

There is no one who does not breathe. There is no one who does not eat anything. On the scale of a lifetime, shouldn’t the foundations of Yoga be based on breathing techniques and diet?

YEARS OF JOY AND SORROW— HOW FAR THE LITTLE CANDLE THROWS HIS BEAMS GENBOKU TAKAHASHI

A person is a candle that gives hope to those around.

That lamp shines a light on the darkness in the hearts of those who are shaken by praise and criticism and suffer bitterness. Conversely, even in the hearts of people who appear to be living joyful, comfortable lives, there are shadows of sadness and anxiety, and that light shines on those shadows too.

In the extremely short moment of a lifetime, Existing only for a moment in the time between the creation and destruction of the universe, the *raison d'être* of humans may be to shine a light of hope.

No matter how broad our activities, the sphere in which we can interact will only be a small part of society. Moreover, the world population is said to be 8.119 billion by 2024. The reach of the light that I emit is like a speck compared to the entire world. When viewed from the universe, it is practically nothing.

And yet each one of us lights a candle and gives hope to those around us. The reason we smile when we see a newborn baby is surely because we see a ray of hope in that baby.

Yes!

We are born to be a light to shine in a corner.

Whether the person lives out his/her natural life or dies due to an accident or illness, the reason we feel pain when that person dies is because the light that that person shined on has disappeared.



“Lighting Up One Corner” is a phrase found in the “*Sange Gakushōshiki*” by Saichō (767–822), the founder of the Tendai Shu of Japan.

Its meaning is roughly as follows : A person with a desire for truth is a national treasure. This is because the person provides light for those in society who live in the darkness where no light can penetrate. A person with a desire for truth is a national treasure. The treasure is not some gigantic jewel with a diameter of 3 cm. In India, a person with a desire for truth is called a Bodhisattva, and in China, a Kunshi (man of virtue).”

However, I believe there is no one who does not have a desire for truth.

Even if a person is the most wicked or greedy, the person will always be kind to those closest to them. I believe! No one can stay crazy forever…….

Good and evil are relative……! There is no such thing as absolute good and evil…….

Now I remember the movie “Years of Joy and Sorrow”.

The film begins with a young husband and wife lighthouse keeper arriving at their first post, Kannonzaki Lighthouse in Tokyo Bay, in 1932. From then on, they traveled from one lighthouse to another on remote capes and isolated islands, working to ensure that the lighthouse’s light never went out even for a moment, even in severe storms, blizzards, and thick fog.

History was heading straight for the Pacific War. A lot happened during this turbulent times. There have been times when the relationship between husband and wife has deteriorated. Raise two children. A fellow lighthouse keeper is killed by gunfire from a ship-based plane. The son failed the university entrance exam, went out and played around, got into a fight with a delinquent and was killed. The daughter says she will never marry a lighthouse keeper.

The daughter’s wish comes true, she marries happily, and heads to Cairo, where her husband is posted. The lighthouse keeper and his wife continued to wave as they watched the ship carrying their daughter and son-in-law through binoculars. The ship seemed to respond by blowing its whistle as it disappeared from sight. …….

Lighthouse keepers have no choice but to fulfilling the duties they have imposed on themselves every day.

A lighthouse that flashes according to universal rules. The light allows ships to determine their location and destination, enabling them to navigate safely. Not only passenger ships and cargo ships, but also warships are protected by the lighthouses. There is no distinction between enemy warships and friendly warships. Pirate ships that commit cruel and inhumane massacres are also protected by the light of the lighthouse. The lighthouse's wish is the safety of all ships.

There is no need for the lighthouse to know whether a ship will bring good fortune or bad luck.

I saw this film, "Times of Joy and Sorrow," when I was 15 years old (1957).

I have rarely watched movies, plays, or sports. This is because after watching a movie or something, my body gets stiff and my head hurts. I don't remember why I watched this movie, even though I have such a constitution. That's why this movie left such a strong impression on me.

At the time, I had a little dream of becoming a lighthouse keeper. However, I soon realized that it was not a job for me, as I don't have the stamina and don't like exercise, so I completely forgot about it.

A few days after returning to Nakagawa Mura from Iitate mura, I found myself absentmindedly gazing at the plants in my garden, the neighboring fields, and the nearby mountains. There was just a normal amount of greenery everywhere.

The scenery may be different, but the workings of nature are the same as in Iitate Mura.

Yet the land is contaminated with radiation.

When you accidentally step into a forest, radiation levels there far exceed the national standards.

The people of Iitate Mura survived that great earthquake, survived the unimaginable radiation dose, and continue to live strong lives.

Their strength is a ray of hope, shining a light into the darkness in my heart!

When I thought this, I remembered "Years of Joy and Sorrow."

To avoid any misunderstanding, I would like to add the following.

I have never thought that nuclear power generation is a good thing. Nuclear weapons are out of the question. I have never thought that the political and administrative efforts since the earthquake disaster have been successful.

We are polluted by the garbage in our own minds. Therefore, we must clear it away.

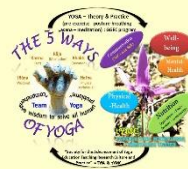
I think that Zen and Yoga are the techniques for doing so.



(Director: Keisuke Kinoshita, Cast : Hideko Takamine, Keiji Sada, Released October 1,1957、 Public domain WIKIMEDIA COMMONS ; Yorokobi mo kanashimi mo ikutoshitsuki 1.jpg

Designing a Summer Yoga Camp for Graduate Student's: The Need for Communicating Issues and Understanding Self for Navigating Academic- and Life-related Issues

Sumei H, Yoh I, Yuka , Genboku T, Randeep R



Designing a Summer Yoga Camp for Graduate Student's: The Need for Communicating Issues and Understanding Self for Navigating Academic- and Life-related Issues



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Abstract

The demands of a university graduate school and graduate research can be overwhelming (stuck/stumped, fatigued/burnout) to many students, especially during the first/early semester/s. And, this is especially true for international students moving to a different and new socio-cultural and academic-research environment. How do the students cope with such transitions and stresses is a hot topic amongst students and staffs across universities, globally? Graduate students are speaking out more than before on how this 'mental health' issue is affecting their academic and personal lives. Under serious situations, graduate students may fall into depression (clinical) and may have to take medication. Short-term or long-term (chronic), such stresses have to be mitigated, and research has started to emerge on this topic and to address it pastoral support networks and professional counseling are prominent. Here at University of Tsukuba, with a big graduate school population, we (Rakwal and Takahashi) have been utilizing the ancient wisdom of yoga to help graduate students communicate better to self and develop a mindset to complete their goals, i.e., to graduate and connect to their future paths (career-life goals).

Notwithstanding the yoga course, a social innovation project was also created to further the discourse on yoga practice in relation to the current society and its needs. Based on the continuous questions and concerns of the students to learn deeply and utilize yoga as a holistic approach, a new idea emerged. It was reasoned that a specially designed 'Yoga Camp' (YC) might provide graduate students answers for their anxieties. This structured YC environment was presented to the graduate students where their daily yoga practice (asana, breathing and meditation) was integrated with aspects of 'samu' (Zen-like life training) to allow them to slowly look within, gradually understanding their core issues and purposes in life and research. This viewpoint details the YC structure and process and concludes by analyzing the lived experience of two graduate students to answer their innermost questions for the future.

Keywords: Graduate Student; Summer Camp; Yoga; Emotion; Behavior; Stress; Philosophy; Experiences

Background

Graduate Students-Concerns

The university is a place of study, and especially for graduate students who are exploring future paths through learning and research, it is not easy. Graduate school is challenging - and, as it should be the students venture into the unknown with a

strong desire to excel, with dreams of doing great things. Even the most well-prepared graduate students will face challenges, and as appropriately titled in a Nature Editorial [1] - "The mental health of PhD researchers demands urgent attention", and by 2 young researchers [2] - "Navigating mental health challenges in graduate school", the situation is indeed serious. Other than the reason

Based on the records of a Yoga Summer Camp held in August 2023, we considered clues to solving problems faced by graduate students from the perspectives of Yoga and Graduate School, Education.

Society for the Advancement of Yoga Education Teaching Research Culture and Practice

– Health, Traditional Medicine, and Well-being –

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- ✓ Expanding Research & Collaborations
- ✓ Publishing Lectures – Research Articles – Opinions – Text Books, News Letter
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2024 – Tsukuba, Japan

Genboku Takahashi, Prof. Randeep Rakwal (TIAS2.0, TAIKU-U)



2024 TYfA/TYMC Yoga Course Schedule for June-August

◆ We will have 2 lectures (2 slides) and practical skills (Asana, Breathing method, Zazen) for each session. We will let you know once detailed plans are decided.

✓ We will be held online in Japanese.

For more information on how to apply, please visit peatix.

(July 7th : <https://tyfa-tymc20240707.peatix.com>

July 27th : <https://tyfa-tymc20240727.peatix.com>)

✓ Our social innovation project is based on the lectures of the University of Tsukuba Graduate General Education Courses (GGEC), and we have newly enriched and expanded the content and established the “Society for the Advancement of Yoga Education Teaching Research Culture and Practice” as an independent organization was established.

Day	Day of week	Time	Title	
2024/7/7	Sun	9:00-13:00	YCL11 What is Life? Life Science and Yoga YCL12 Yoga's Fundamental Thought 1 Bhagavad Gita	Asana, Breathing method, Zazen
2024/7/27	Sat	9:00-13:00	YCL13 Yoga's Fundamental Thought2 Bhagavad-Gita and Zen YCL14 What do you do at such time? Leverage Yoga for Life	Asana, Breathing method, Zazen
2024/8/?	Sat	9:00-13:00	YCL15 Reason why Yoga is Required Now-1 YCL16 Reason why Yoga is Required Now-2	Asana, Breathing method, Zazen
2024/9/?	Sun	9:00-13:00	YCL17 Yoga for Those Who are Undergoing Strong Stress 1 YCL18 Yoga for Those Who are Undergoing Strong stress2	Asana, Breathing method, Zazen

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