

From **Tokyo!**



## Partner Univ. × Sophia Univ. Students Exchange **Online** Event

# MINDFULNESS

Mindfulness is focused on bettering people's lives no matter what situations are. Here is an event offering an opportunity for students to understand the basic of mindfulness and how to incorporate it into our daily lives, including short-time meditation. We set breakout session to encourage interactions among participants!

**Eligibility :** Current students of  
Partner Univ. and Sophia Univ.

**\*Up to 20 people (First come first served)**

**Date & Time :** Thursday, June 24, 2021  
17 pm - 18:30 pm (PDT)

**Location :** Zoom

**Language :** English

**Fee :** Free ✖ **Pre-registration required**

### Instructor: **Chika KAWAI**

Chika met and started studying mindfulness while in college at UCLA. After working for an education publisher for seven years, she began promoting the wellness culture to business persons as a mindfulness coach. Chika's past 3000+ clients include famous national athletes and teams, shrines, and companies, both domestic(Japan) and Foreign. She is currently active in promoting mindfulness in the education sector.



**Registration: Please scan the QR code and fill in the form.  
(Deadline: June 24)**

<https://forms.office.com/Pages/ResponsePage.aspx?id=p-YOaaVN3E-jFrtZnYKl0gBqAPsFwAdCo8jU66f04e5UNFYwNVNHSjE3RIBQSUtHUKhZVIMzVlhUQS4u>

**●Zoom ID will be provided by e-mail after signing up.**

### Contact

Sophia University(Tokyo, JAPAN)

Office of Global Education and Collaboration

Email: [coil-co@sophia.ac.jp](mailto:coil-co@sophia.ac.jp)

