

**The Test : POMS**  
**(Profile of Mood States)**



**In the TURBULENT river of LIFE, YOG/YOGA brings CALMNESS to BODY & MIND**

**GGEC: 01ZZ751**

Genboku Takahashi 高橋玄朴



*Yoga to Human High Performance*



**A LONG SESSION / 6 months / THANK YOU SENSEI, STUDENTS & STAFFS 1**



**In the TURBULENT river of LIFE, YOG/YOGA brings CALMNESS to BODY & MIND**



**A LONG SESSION / 6 months / THANK YOU SENSEI, STUDENTS & STAFFS 2**