

Good afternoon ladies & gentlemen.

I am Yosuke Hoshino.

Today I would like to talk about Chair Yoga.

What do you know about Yoga? Myself, I don't know much about Yoga, but I do know it's fun and easy. Yoga tells you how to face yourself, be honest with your emotion, your body, and let you accept everything in you. A very effective way to process especially when you are stressed.

About a year ago, I started to join a daily Chair Yoga activity at my company. Everyday at 3pm, we gather at conference hall and Chair Yoga video from YOU TUBE is shown on a big screen for about 10minutes. Everyone sit on a chair, take a deep breath, stretch shoulder, back and neck, relax and refresh. Not only your own refreshments, but also small talks between colleagues, a bit of socializing and communication. Then we go back to work. Just 10 mins. I like such a precious moment in today's stressful world.

Another reason I got attracted to Chair Yoga is that it is a commonly used exercise for wheelchair athletes. Literally, to do Chair Yoga you don't have to use your lower body, so it is also an effective method for wheelchair athletes to train mind and body. Until I start doing Chair Yoga, I did not have a chance to feel close to wheelchair sports. However, now I support wheelchair sports since we have the same activity in common that is Chair Yoga. I am very excited about Paralympics this year although I haven't got a chance to buy a ticket yet..

Again I would like to emphasize I recommend everyone start chair yoga. It is easy to start, easy to continue, at your work place, between meeting, during conference break time, at home or anywhere. Good thing for your wellbeing. Let's do Chair Yoga.

This is end of my speech. Thank you.