APMEC2027 ASIA PACIFIC MEDICAL EDUCATION CONFERENCE

The Wisdom of Imperfection: Learning Beyond Efficiency

Radio Taiso Exercise

Refresh your body and mind in just 5 minutes



Radio Taiso is a beloved Japanese exercise routine that anyone can enjoy, regardless of age or fitness level.

Join us for a short guided movement break for 5 minutes.
These gentle, structured movements can help improve mobility, stimulate circulation, and refresh your mind for the rest of the day.

Friday, 15 January 2027
During Afternoon Tea Break
15:15–15:20

Saturday, 16 January 2027
During the Morning Pre-Program
08:45–08:50

Venue: Room D, Level 1, ICC Kyoto

- Open to all APMEC delegates and speakers
- No special clothes or changing required
- Come as you are in conference attire
- No prior experience needed

Drop in, stretch, and enjoy a Japanese wellness tradition!