

Let's Join YOGA Class in University!

Yoga class is instructed by the invited lecturer.

It is good chance to experience YOGA. Let's try it!

April 21th, Wed

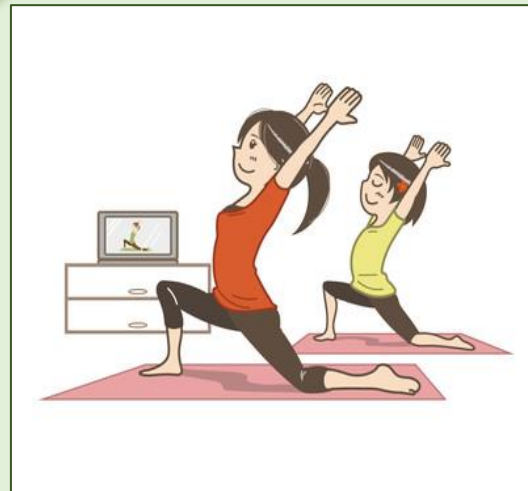
Time: 1:00 pm-
Face to face and online by Zoom

Date

April 28th, Wed

Time: 6:00 pm-
Only online by Zoom

Beginners are welcome 🍀



The second floor at Health Administration Center is open as a free space. Don't hesitate to contact us, if you would like to use it.

You can access online service without reservation.

URL will be sent by e-mail.

Yoga lecturer



Free of charge!
Participation on the day OK!
You may enter and leave as you need.

Ms. Michiko Ishigaki

For face to face class, reserve your space by email or at the Health Administration Center's reception.

<Questions>

Health Administration Center

(8:30am-5:00pm)

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