

# Let's Join YOGA Class in University!



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



Let's try mindfulness and meditation!

~Increase concentration power and performance

**August 11<sup>th</sup>, Wed**

Time: 1:00 pm-

Face to face and online by Zoom

Date

**August 25<sup>th</sup>, Wed**

Time: 6:00 pm-

Only online by Zoom

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 any reservation.

URL will be sent by e-mail.

**Beginners are welcome** 

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



Yoga lecturer  
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)

TEL: 058-293-2173

E-mail: [hokencen@gifu-u.ac.jp](mailto:hokencen@gifu-u.ac.jp)

