

Let's Join YOGA Class in University!



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



September 8th, Wed

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


Date

September 22nd, Wed

Time: 6:00 pm-
Only online by Zoom

Instructions will be provided in English!
International students are always 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.

Beginners are welcome 

You can access online service without any reservation.
URL will be sent by e-mail.

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

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



Yoga lecturer
Ms. Michiko Ishigaki

<Questions>
Health Administration Center
(8:30am-5:00pm)
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