

Let's Join YOGA Class in University!

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

Make balance of your autonomic nerve system, strengthen your stress management, and feel very good with Yoga class.

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

October 13th, Wed

Time: 6:00 pm-
Only online by Zoom

Date

October 27nd, Wed

Time: 1:00 pm-
Face to face and 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.

