

Let's Join YOGA Class in University!



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



Yoga class is instructed by the invited lecturer.



December 9th, Thu

Time: 6:00 pm-
Only online by Zoom

Date

December 22nd, 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.

Beginners are welcome 

**Free of charge!
Participation on
the day is OK!**

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



Yoga lecturer
Ms. Michiko Ishigaki

