


Let's Join YOGA Class in University!

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



To have the spirit of challenge



Beginners are welcome 

Free of charge!
Participation on
the day is OK!



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

December 12th, Thu

Time: 6:00 pm-
Only online by Zoom

Date

December 26th, 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.

