

# 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.



Beginners are welcome 



Free of charge!  
Participation on  
the day is OK!



Yoga lecturer  
Ms. Michiko Ishigaki

<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)

**February 16<sup>th</sup>, Wed**

Time: 6:00 pm-  
Only online by Zoom

Date

**February 22<sup>th</sup>, Tue**

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.

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

