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.

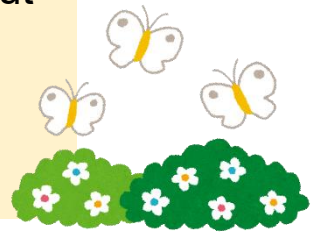
Date

April 13th, Wed
Time: 1:00 pm-
Only online by Zoom

April 27th, Wed
Time: 1:00 pm-
Only online by Zoom

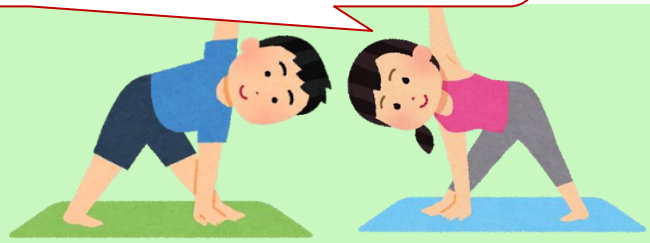
Beginners are welcome

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



Free of charge! Participation on the day is OK!

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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