


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

July 6th, Wed

Time: 1:00 pm-
Only online by Zoom

Date

July 20th, Wed

Time: 1:00 pm-
Only online by Zoom

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.

<Questions>

Health Administration Center

(8:30am-5:00pm)

TEL: 058-293-2173

E-mail: hokencen@gifu-u.ac.jp

