

# 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.

**Sep. 14<sup>th</sup>, Wed**


Time: 1:00 pm-  
Only online by Zoom

Date

**Sep. 21<sup>th</sup>, 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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