

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.

Nov. 16th, Wed

Time: 1:00 pm-
Only online by Zoom

Date

Nov. 30th, 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!**



Yoga lecturer
Ms. Michiko Ishigaki

<Questions>
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(8:30am-5:00pm)
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