



# Let's Join YOGA Class at University!

It is good chance to experience YOGA. Let's try it!

Yoga classes provide breathing exercises, meditation, and deep relaxation.



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)

May. 17<sup>st</sup>, Wed

Time: 0:30 pm-2:00 pm  
Face to face

May. 24<sup>th</sup>, Wed

Time: 1:00 pm-  
Online

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.

No reservation required for both face to face and online.  
URL for zoom will be sent through university e-mail.

