

# 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

<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)

**Aug. 9<sup>th</sup>, Wed**

Time: 1:00 pm-  
Only online by Zoom

Date

**Aug. 23<sup>th</sup>, Wed**

Time: 1:00 pm-  
Only online by Zoom

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

