

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

October. 4th, Wed

Time: 1:00 pm -
Online

October. 18th, Wed

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

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.

<Questions>
Health Administration Center
(8:30am-5:00pm)
TEL: 058-293-2173
E-mail: hokencen@t.gifu-u.ac.jp

