

# Let's Join YOGA Class in University!

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

Beginners are welcome welcome. 



Date

**Nov. 8<sup>th</sup>, Wed**

**Time: 1:00 pm-**

Online only by Zoom

**Nov. 22<sup>th</sup>, Wed**

**Time: 12:30 pm-**

Face-to-face only



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 class is instructed by the invited lecturer.

Yoga lecturer Ms. Michiko Ishigaki

<Questions>

Health Administration Center

(8:30am-5:00pm)

TEL: 058-293-2173

E-mail: hokencen@t.gifu-u.ac.jp