Let's Join YOGA Class in University!

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

Beginners are welcome welcome.



Date

Nov. 8th, wed

Time: 1:00 pm-

Online only by Zoom

Nov. 22th, wed

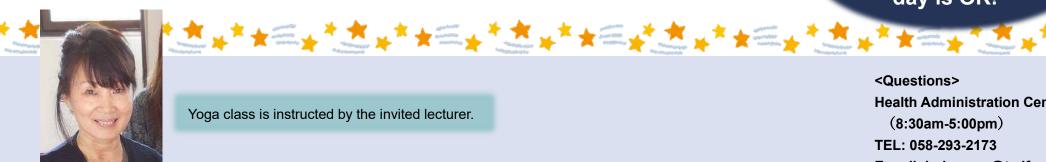
Time: 12:30 pm-

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.

<Questions> **Health Administration Center** (8:30am-5:00pm)

TEL: 058-293-2173

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

Yoga lecturer Ms. Michiko Ishigaki