

# 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!

**December. 20<sup>th</sup>, Wed**

**Time: 0:30 pm - 1:30 pm**

**Face to face and Online**

Please come to the Health Administration Center. No reservation required for both face to face and online.

URL for zoom will be sent through university e-mail.



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

