



Let's Join YOGA Class in University!



It is good chance to experience YOGA.

Let's try it!

Beginners are welcome welcome.



Date

Jan. 24th, Wed

Time: 12:30 pm-

Face-to-face and ZOOM

Jan. 31st, Wed

Time: 1:00 pm-

Online only by Zoom

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)

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