

# 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!

**Date**

**February. 28<sup>th</sup>, Wed**

**Time: 1:00pm-  
Only online by Zoom**

You can access online service  
without any reservation.  
URL will be sent by 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

