


Let's Join YOGA Class in University!

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

Beginners are welcome. 



Date

Mar. 13th, Wed

Time: 13:00 pm-

Online only by Zoom

Mar. 27th, Wed

Time: 13:00 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 lecturer Ms. Michiko

Yoga class is instructed by the invited lecturer.

<Questions>

Health Administration Center

(8:30am-5:00pm)

TEL: 058-293-2173

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