



Let's Join YOGA Class in University!



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

Beginners are welcome



Free of charge!
Participation on the
day is OK!

Date

April 10th, Wed

Time: 0:30 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)

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