



Let's Join YOGA Class in University!



It is good chance to experience YOGA.

Let's try it!

Beginners are welcome welcome. 



Date

Jan. 29th, 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)

TEL: 058-293-2173

E-mail: hokencen@t.gifu-u.ac.jp