

Let's Join YOGA Class in University!

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

Yoga classes provide breathing exercises, meditation, and deep relaxation.



Beginners are welcome 🧡

Free of charge!
Participation on the
day is OK!



Yoga lecturer
Ms. Michiko Ishigaki

Date
February. 26th, Wed

Time: 1:00 - 2:00pm

Online only by zoom

No reservation required.

The Zoom ID will be sent via your university email.

Feel free to join!

<Questions>

Health Administration Center

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