



Let's release what has built up  
through yoga!



**Wednesday, October 29**



**1:00 PM – 2:00 PM**

**Held in person + via Teams**

**The Teams link will be sent to your university email.**

**Venue:** Health Administration Center, 2nd floor

**What to bring:** Water, towel

**Clothing:** Comfortable clothes suitable for movement

**Reservation:** Not required

**Please arrive by 10 minutes before the start time**



**Instructor**



Professor, Faculty of Education, Gifu University Certified  
TriYoga Level 1 Teacher

**Professor Kayo Kumagai**



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