

When You Want to
Take **a Breather**

Refresh Yoga

**January 28 (Wednesday),
1:00–2:00 PM**

Held in person + via Teams

The Teams link will be sent to your university email.

Location

Gifu University Health Administration Center, 2nd Floor

How to Join

No advance reservation required.

Please arrive at least 10 minutes before the session starts.

What to Bring/Wear

Comfortable clothing, water, and a towel

Instructor

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

Professor Kayo Kumagai



[Contact Information]

Health Administration Center

TEL: 058-293-2173

Email: hokencen@t.gifu-ac.jp

