

You can join the yoga session  
in your spare time!

# Refresh Yoga

**Wednesday, May 13**

Session 1: 12:20–12:50

(10-minute break)

Session 2: 13:00–13:30

A two-part format that's easy to join even for busy people!  
You are welcome to attend only Session 1 or Session 2.

## In-person + Teams

The Teams ID will be sent to your university email.

### Location

Commons 1A and 1B Classrooms, General Education Building

### Attire

Comfortable clothing suitable for movement

### Notes

Reservations are prioritized  
Please arrive at least 10 minutes before the start time.

Book here ▶



Highlights from the yoga class

## Instructor

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

**Professor Kayo Kumagai**



## Contact Information

Health Administration Center

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