

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

Health Administration Center, 2nd floor

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

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