

Simple Wall Yoga You Can Do Anywhere

Held on the same day as Wellness Day!
Join the yoga class in person and receive a
free kiwi!

Let's explore healthy living through both
nutrition and exercise♪

Wednesday, July 8

Session 1: 12:20 PM–12:50 PM

Session 2: 1:00 PM–1:30 PM

Two-session format

Join either session—or both!

Method: In-person + Teams

(The Teams ID will be sent to your university email.)

Location: Gifu University Health Administration Center

What to bring: Water, towel

Dress code: Comfortable clothing suitable for movement

Note: Advance reservation required.

Reservations can be made here →



Reservation form

Lecturer

Professor, Faculty of Education, Gifu
University

Certified TriYoga Level 1 Teacher
Prof. Kayo Kumagai

