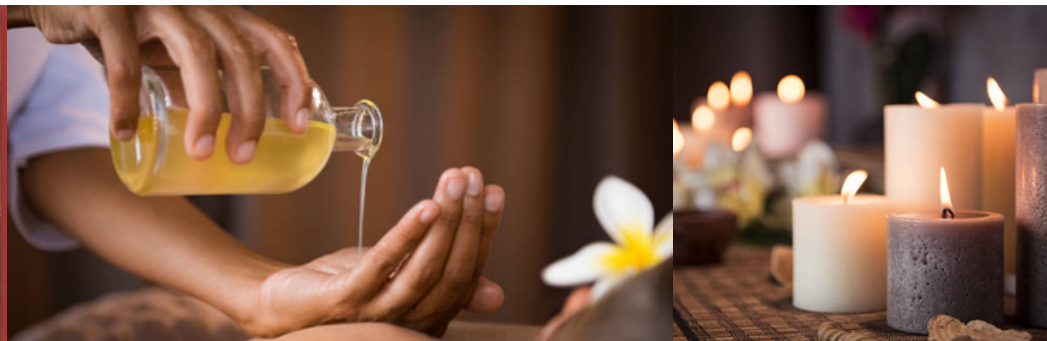




AYURVEDIC MASSAGE

By Giampiero Bartolucci



***TUESDAYS FROM 14:30 TO 19:00 - FAO, ROOM E008
STARTING FROM 16 SEPTEMBER 2025***

FEES:

30 MINUTES: 35€

50 MINUTES: 65€

BY APPOINTMENT ONLY: FAO-STAFF-COOP@FAO.ORG / 0657053142
(RESERVED FOR COOP MEMBERS)

About Giampiero:



A dancer and teacher of gymnastics and stretching at FAO Staff Coop, he has been practicing Ayurvedic massage for years in various studios: in North Rome at Centro Pilates and in South Rome at Le Chic. He offers his service also at home, and as of today we can say it: **finally also at FAO Staff Coop!**

According to Ayurvedic philosophy, the manipulation technique used to perform the massage in question is the means by which balance and perfect harmony between body and mind can be achieved. Again according to Ayurveda, in fact, each part of the body is influenced by three main bioenergies, the so-called doshas (called Vata, Pitta and Kapha); an imbalance of these energies would lead to the appearance of different kinds of disorders, varying according to the dosha involved and the part of the body affected by it.

Ayurvedic massage, therefore, is one of the many means used by the alternative medicine of the same name to restore balance within the body and mind, thereby promoting the psychophysical well-being of the individual.