



A HAPPY BACK

MOVING with AWARENESS

The Feldenkrais method



Lessons on TUESDAY AND THURSDAY
12:00 - 13:00 in GYM B

Improving Mobility in:

- Back and spine
- Shoulders, -head & neck
- Hips-knees

Fees: €55: 4 classes
€95: 8 classes
(30 day- validity each)

*The package can be started at any time and
the period is calculated based on the start date*

Trial class: 10€

(the amount will be deducted from the course package in case of purchase)

Teacher: Irene Habib - Feldenkrais - Assistant Trainer & Practitioner
habiren@gmail.com

Coordinator: Eileen Larkin - eileen.larkin@fao.org / ext. 56399

**For info and booking: FAO Staff Coop -Room E016 -
fao-staff-coop@fao.org - ext. 53142**

**Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.