



Improving Movement & Back comfort

with the Feldenkrais method



OPEN DAY

Thursday 05.02.2026 - 12:00 - 13:00 in GYM B

Improving Mobility in:

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

Fees: €55: 4 classes
(30 days)

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

20€: single class

Lessons on TUESDAY AND THURSDAY

12:00 - 13:00 in GYM B

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 EO16 -
fao-staff-coop@fao.org - ext. 53142

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