

VINYASA YOGA FLOW

with

JANINE CLAUDIA NIZZA



TUESDAYS 1:00PM - 2:00PM (GYM A - IN PRESENCE)

7:00PM - 8:00PM (ONLINE)

THURSDAY 7:00PM - 8:00PM (ONLINE)

Classes are open to multi-level practioners and include Chandra Namaskara, Surya Namaskara, Pranayama, Meditation, Chakra and Mantra within Vinyasa Yoga sessions.



4 classes: €45 (valid for 1 month)
8 classes: €100 (valid for 2 months)
FIRST CLASS FREE OF CHARGE
feel free to join at any time!



For information and registration, please contact:

fao-staff-coop@fao.org
+39 06 570-53142

Group Coordinator:

Paola Franceschelli
paola.franceschelli@fao.org

STARTING FROM OCTOBER 2025



About the Teacher:

Janine Claudia Nizza is a Yoga Alliance® International ERYT 1500 senior-level certified teacher and Master Vinyasa Yoga 3rd level, Regional Manager for ENDAS. She has been conducting regular Vinyasa Yoga Flow courses for FAO Staff Coop members since 2012.

She has been teaching in Rome since 2002 and is considered a pioneer of Vinyasa Yoga Flow in Italy. Janine writes numerous articles on yoga for the FAO Gazette and Yoma Magazine IT. She has also organized many yoga events, including the UN Yoga Day 2025 with Radha Gupta and Cesare Maramici, in collaboration with the FAO Staff Coop and the Embassy of India, to promote and teach the benefits of yoga worldwide.

www.yogaflow.it