

# Postural Training



**Mondays & Thursdays**

**from 13:00 to 14:00  
(Gym A)**

Postural gymnastics is a special technique aimed at rebalancing all muscles from head to toes. Through its practice, you learn to let go of all the incorrect postures that are built up in day-to-day life, and to allow to regain awareness of the natural movements of the body.

**Postural gymnastics is your best cure**

**Teacher: Monica Mancini**

**University Degree in Physical Education and Sport Sciences**

**Functional Trainer**

**Personal Trainer**

**Physical Trainer**

**Polestar teacher**

**C.T. during the ParaOlimpic Games - Atlanta 1996**

**C.T. during the ParaOlimpic Games - Sidney 2000**

First trial: free of charge

10 classes: €100 (to be used within 60 days) + ONE TIME ONLY 10€ registration fee

Single class: €15

For information please contact :

**Monica:** +39 3281397538 ;

or Coordinator: **Angela Hinrichs** - Email [angela.hinrichs@fao.org](mailto:angela.hinrichs@fao.org) / Ext. 54070

For registration: FAO Staff Coop, Room E016, Ext. 53142 / [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)

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