



Vinyasa Yoga Flow

Teacher Janine Claudia Nizza



25 years of expertise as a teacher and trainer Vinyasa Yoga
Flow ERYT 1500 hours Senior level 6 by Yoga Alliance
International.

Master 3rd Level in Vinyasa Yoga Flow for Department of
Health and Wellness of ENDAS Italia, CONI.

Founder of Yoga Flow Method 2002

www.yogaflow.it



TUESDAY, GYM A - 1:00 PM

**"See immediate results in
how your body, mind
and breath, aligned !"**

Fees:

15€ single day class

45€ package 4 classes in 30 days

100€ package 8 classes in 70 days

40 € Single Private Class
(on request)

Yoga sessions designed to enhance
your spiritual and postural purposes.

**Other classes
valid for your package:
group class online
on teacher Zoom professional
platform:
Tuesday & Thursday 7pm and
Saturday 9 am**

Each subscription is valid for all classes
(online and in presence) but cannot be extended over the time prescribed.
You can always practice Vinyasa Yoga Flow
live online with Janine wherever you are!

*"... Janine's style of teaching is one of true practice. While we move and stretch
and play, Janine demonstrates for us that practice is not only the philosophy of
yoga, but of being human. The practice of noticing our bodies, our balance, our
breathing, reminds us to practicing this in living our daily lives. "*

Philippa Lyons, UK Psychologist and Psychotherapist

To book your free trial class: FAO-staff-coop@fao.org and Paola.Franceschelli@fao.org