



As of October 1st, 2019, the Hypopressive Exercise for Posture and Breathing sessions will recommence at FAO, using the Multidisciplinary Hypopressive Method.

The MIM has various applications in the diverse sectors of health, fitness and sports performance. Some of the benefits of MIM exercise include:



- Correction of postural mal-alignments and back pain
- Learning proper breathing techniques
- Enhancement of pelvic and core health
- Re-positioning of pelvic organs to prevent or re-educate prolapse
- Incontinence prevention and/or re-education
- Increasing core pre-activation and co-activation
- Visceral decongestion
- Promotion of healing of diastasis recti
- Decrease in the waistline circumference
- Increase in intestinal function
- Prevention of hemorrhoids
- Increase in respiratory capacity
- Enhancement of athletic performance
- Enhancement of sexual function
- Prevention of herniations (abdominal, inguinal, vertebral disk)
- Prostate health

EVERY TUESDAY AND THURSDAY FROM 11:00 TO 12:00 hrs IN GYM A

The session starts with a dynamic 10-minute warmup, then goes on to 5-6 minutes of exercises to increase arm muscle strength and tone, after which we start with the preparatory myofascial and respiratory exercises and continue combining both with static and dynamic postures for about 30 minutes. The session concludes with 5 minutes of stretching and relaxation.

Come and try this innovative exercise method that is changing all the paradigms concerning holistic and core training.

**Costs: €10 x lesson**

**Info and booking: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)**

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

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