

LET'S CELEBRATE



SAVE THE DATE!

**VIRTUAL ZOOM EVENT ON MONDAY 5 APRIL
STARTING AT 5 PM (ITALY TIME)**

Zoom link:

<https://fao.zoom.us/j/96664777850>

Passcode: 88258467

(JOIN ALL THE ACTIVITIES OR JUST THE ONES YOU LIKE MOST!)

An initiative to cheer you up during these difficult times.

For those not able to reunite with their families and loved ones over Easter.

For those in need of more conviviality- though only possible virtually.

Thank you for answering our survey! We hope you will enjoy our initiative.

SCHEDULE:

5.00 - 5.40pm (Italy time) Vinyasa Yoga Flow

With Janine Claudia Nizza

The class will consist of 40 minutes of a flowing dynamic yoga based on Surya and Chandra Namaskar Salutations with simple and joyful combinations of Standing and Balancing asana & Ujjayi Breathing

Janine is an ERYT 500 Plus Expert Registered Yoga Teacher certificated by Yoga Alliance® International and she holds a regular online Course of Vinyasa Yoga Flow for Fao Staff Coop members (every Tuesday and Thursday at 7pm.

Group coordinator:

Ms. Paola Franceschelli -
paola.franceschelli@fao.org)



Janine Claudia Nizza
Insegnante Yoga Flow
338 56 53 872
www.yogaflow.it
info@yogaflow.it



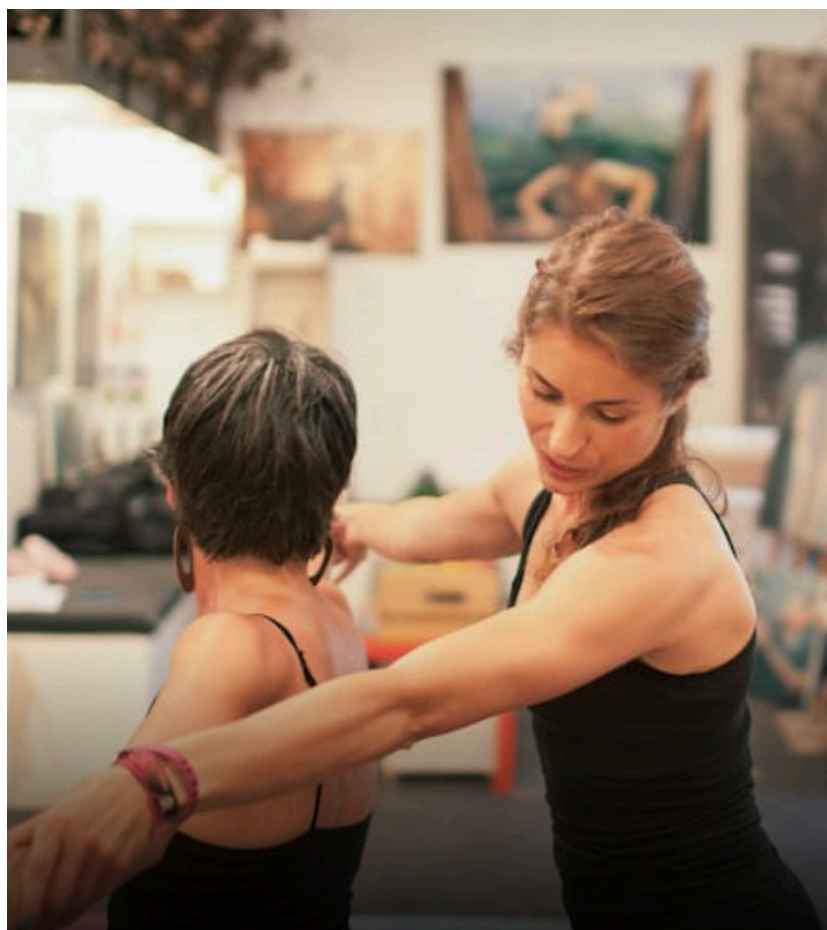
5.40 - 6.30 pm (Italy time)

Stretch & Chill

With Roberta Alessandrini

'Stretch & Chill' is a gentle yoga practice (40') that will allow you to just let go, listen to your breath, set your mind free and reconnect with your intention! At the end of the practice you will feel stretched and relaxed! Bring some pillows, a strap or belt, a block or big book to enjoy it to the fullest! In case of injuries, and for any doubt do not hesitate to contact me!

Roberta Alessandrini is a university lecturer and certified Gymnastics, Vinyasa/Rocket/Prenatal Yoga, Pilates Reformer trainer in love with fun, playful and dynamic flows.



YOGASSAGE

Roberta Alessandrini

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6.30 - 7.30pm (Italy time)
CALMING A RESTLESS MIND
with Sarah Cavanagh, UK

Do you ever find yourself trying to 'get away from yourself'? Or drowning your sorrows? Or just trying to distract yourself? All these are signs of a restless mind. Welcome to this talk to explore the root cause of a restless mind and leave with a remedy that will work for you personally.



About the Speaker:

Sarah Cavanagh has a background in education and psychology, working with children, young people and adults. She has been a student and teacher of Raja Yoga meditation since 1994, coordinating events in Brighton, Inner Space Oxford, The Global Retreat Centre and Inner Space Newcastle. Sarah has travelled internationally, delivering workshops, seminars and courses exploring how meditation and spirituality enhances our well-being.

www.brahmakumaris.org

From 7.30 onwards (Italy time)
MUSICAL ENTERTAINMENT

We have contacted some Artists in FAO , but due to their unavailability to participate, we will try to do our best to get you involved in our improvised musical proposals.

SING WITH US!!! 😊

