

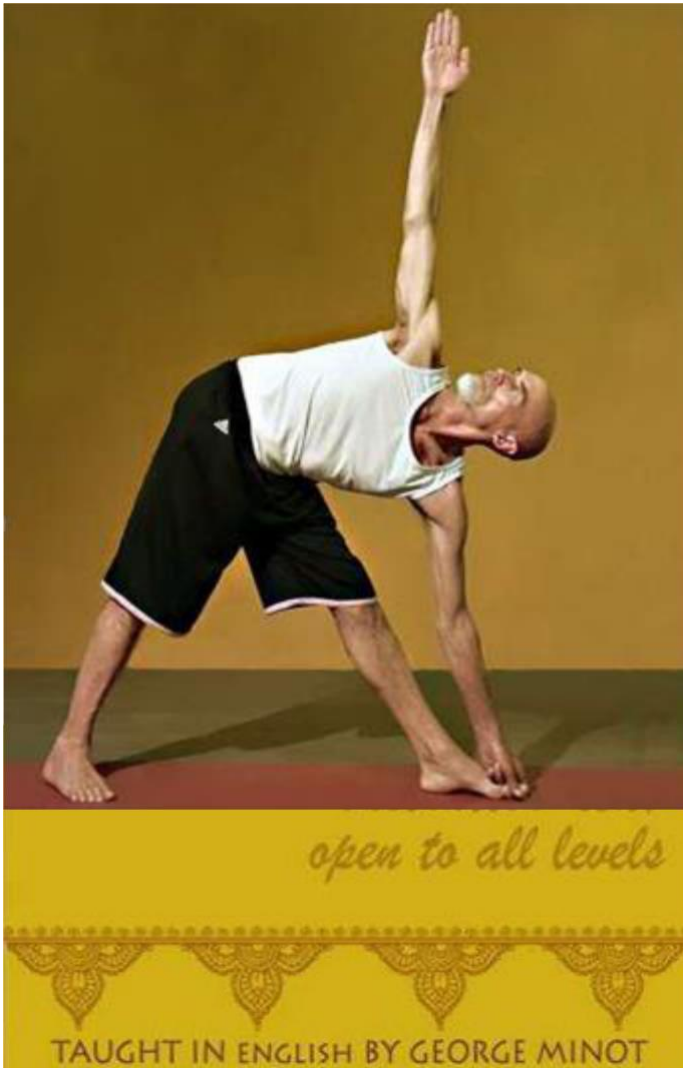


ASHTANGA YOGA ONLINE CLASSES

WITH GEORGE MINOT

On Zoom

For Coop Members Only



On Mondays and Wednesdays,

6-7:30 p.m.

FEE: 15 € per class - buy as many as you like.

Or 12 per class if you buy 10 - for 120€.

FIRST LESSON FREE OF CHARGE

For info on registration and payment and to get on the mailing list: email gminot@gmail.com with fao-staff-coop@fao.org in copy.

For more information: FAO Staff Coop – tel. 0657053142 / email: fao-staff-coop@fao.org

Please contact George for info about in-person classes starting 14 FEBRUARY in Monti (Monday- Wednesday – Friday mornings From 11:00 to 12:30 hrs).