

DYNAMIC POSTURE & BETTER BREATHING
The Feldenkrais method of movement & awareness
NEW online SEASON 2022-2023

OPEN DAY – FREE TRIAL LESSON
ON TUESDAY, SEPTEMBER 20, at 18:00 hrs
(Booking in advance required)

LESSONS ON TUESDAYS
From 18:00 to 19:15 hrs



Improving Mobility in:
-Shoulders-head & neck
-Hips-knees & lower back
-Breathing & balance
-Hands & Feet



For info & enrolment, please contact:
Teacher Irene Habib Feldenkrais Assistant Trainer & Practitioner
habiren@gmail.com whatsapp +39 3403680717
(Please put **fao-staff-coop@fao.org** in CC)

You will receive the zoom meeting link by email

In order to take part in the proposed activities, your membership must be valid for the current year. If your annual fee has expired, you can just renew it for the year 2022. Please contact us for instructions.

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