



BETTER POSTURE IMPROVES BREATHING

2022

ONLINE LESSONS

Based on the Feldenkrais Method



Efficiency & flexibility in:

- Shoulders-head & neck -
- Hips-knees & lower back
- Breathing & balance
- Hands & Feet



LESSONS EVERY TUESDAY FROM 17:30 hrs to 18:45 hrs

And for those who want to have a free trial lesson:

SPECIAL OPEN DAY LESSON: 12 APRIL at 17:30 hrs

(Booking in advance required within Monday 11 Apr at 17:00 hrs)

For info&enrollement, please contact:

Teacher Irene Habib Feldenkrais Assistant Trainer & Practitioner

habiren@gmail.com whatsapp 3403680717

(Please put fao-staff-coop@fao.org in CC)

You will receive the zoom meeting link by email

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