



BETTER POSTURE IMPROVES BREATHING

ONLINE SUMMER COURSE

Based on the Feldenkrais Method

Efficiency & flexibility in movement

**-Shoulders-head & neck -
Hips-knees & lower back**



**COURSE DATES:
JUNE 28, JULY 5, 12, 19**

From 17:30 hrs to 18:45 hrs

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

SPECIAL OPEN DAY LESSON:

Thursday 23 June at 17:30 hrs

(Booking in advance required within
Wednesday 22 June at 17:00 hrs)

For info & enrollement, please contact:

Teacher Irene Habib Feldenkrais Assistant Trainer & Practitioner

email habiren@gmail.com

(please put fao-staff-coop@fao.org in copy)

whatsapp 3403680717

You will receive the **zoom** meeting link by email