



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



NEW SESSION, STARTING ON TUESDAY 11 JANUARY

at 17:30 hrs

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: 18 JANUARY at 17:30 hrs

(Booking in advance required within Monday 17 Jan 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

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