

**YOGA****BODY****SOUL**

YOGA COURSES

'TRUE POWER FLOW' 2  22-3

at **TENNIS CLUB
SANTA MARCELLA**

FOR ALL AGE LEVELS

'TRUE POWER FLOW':
ISABELLA COLAMARCO WILL GUIDE
YOU THROUGH
SEQUENCES OF ASANAS (POSITIONS)
IN A DYNAMIC PRACTICE,
IN WHICH THE BODY, WILL MERGE
WITH THE BREATH THAT WILL
CALM THE MIND, THUS MAKING YOU
ACHIEVE A WONDERFUL
PSYCHOPHYSICAL WELL-BEING

MONDAY 18.30

WEDNESDAY 13.00

THURSDAY 18.30

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**TC SANTA MARCELLA - VIA ROBECCHI BRICHETTI, 14
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The Santa Marcella Tennis Club is pleased to report that it has completed renovations to the entire sports center, with the creation of a women's locker room and a room for additional activities such as Power Flow Yoga with a certified teacher.

Therefore, we propose the following discount reserved for FAO Staff Coop members until the end of 2023:

-Individual Lesson: Euro 45.00 instead of Euro 50.00

-Pair lesson: Euro 70.00 instead of Euro 80.00

-Group course/lesson package: Euro 80.00/6 lessons instead of 5;
Euro 150.00/11 lessons instead of 10.

The agreement is valid only for members with a valid FAO Staff Coop membership card.