



YOG(A) AS IT IS

The session will include:

Postures (Asana),

Breathing control (Pranayama),

Relaxation and meditation.

The course is open to everybody, including beginners.

The two free trial lessons of classical yoga (hatha yoga) will take place by zoom on 10 February from 12 noon to 1 pm and on 17 February from 12 to 1pm.

FAO Staff Coop membership is required.

The course is guided by **Cesare Maramici**. He has been practicing yoga and meditation for 25 years and is the author of books on yoga and meditation.

See website and blog:

<https://www.elearningmaramici.it/sito2021/>

<https://maramici.blogspot.com/>

To book your spot, please email fao-staff-coop@fao.org

For information: maramicicesare4@gmail.com



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