



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 lessons of classical yoga (hatha yoga) will take place by zoom every Monday from 12:30 to 13:45 hrs.

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/>



Fee: 8 euro x lesson (first trial lesson is always free of charge).

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

For information: maramicicesare4@gmail.com

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