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The session will include:

Postures (Asana),

Breathing control (Pranayama),

Relaxation and meditation.

STARTING DATE: WEDNESDAY, SEPTEMBER 21 - 17 :00 hrs

The course is open to everybody, including beginners.

The lessons of classical yoga (hatha yoga) will take place by zoom every Wednesday from 17:00 to 18:00 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@gail.com

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