



**VINYASA YOGA FLOW with Janine Claudia Nizza**  
**Online Zoom Classes**



**TUESDAYS from 7 to 8 pm: DYNAMIC VINYASA YOGA CLASS**

**THURSDAYS from 7 to 8 pm: STRETCHING AND RESTORATIVE YOGA CLASS**

**Classes are open to multi-level practitioners**

**4 classes: €60**

**8 classes: €100**

**FIRST CLASS FREE OF CHARGE (please join at any time)**

**For info and registration:**

**Ms. Paola Franceschelli (group coordinator): [paola.franceschelli@fao.org](mailto:paola.franceschelli@fao.org)**

**Teacher Janine Claudia Nizza: [info@yogaflow.it](mailto:info@yogaflow.it)**

**For general info: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) - 06 57053142**

## About the teacher:

**Janine Claudia Nizza is a Yoga Alliance® International ERYT 1500 senior level 5 certified teacher.**



**She has been teaching since 2002 as a pioneer of Vinyasa Yoga Flow in Italy and has been teaching yoga to members of the FAO Staff Coop since 2012. She writes many articles on yoga for the Fao Gazette and has created the International Yoga Day with other yoga teachers in collaboration with FAO Staff Coop to help spread and teach the benefits of yoga worldwide.**

**Please feel free to visit her website at: [www.yogaflow.it](http://www.yogaflow.it)**

## Students' opinions on Yoga with Janine:

***"Janine's yoga classes have been great for me! I started with Janine during the pandemic and try to take lessons twice a week. I have been taking yoga classes with different teachers on and off for many years in Sri Lanka, the Netherlands and now in Rome. Janine has been my best teacher. Why? She has an in-depth knowledge of yoga, teaching and the functioning of the body. I love also the variety, she uses a wide range of poses and yoga flows. The online classes really work for me. I have a busy job and travel regularly. It is a lot easier for me to fit in an online class. Janine has mastered the art of the online classes. Her explanations are clear, she takes time to observe us and correct us. I always feel great at the end of a class. Highly recommended!"***

***Julie van der Blik***

***"I am a fan and follower of Janine's yoga classes. Starting with her during the pandemics online, this regular practice of her yoga flow classes helped me to develop a more conscious body feeling, relax and energize me at the same time. Janine explains the postures, provides insight in their purpose, follows closely the practicing, and gives advice how to improve them, to ensure their correct execution and breathing will benefit, and do not harm body and mind. I have followed her classes (in English and Italian) from different locations and at various stress levels, and wherever I did it, after I felt relaxed and in peace with my mind. I am grateful for her classes."***

***Karin***