



DYNAMIC POSTURE BETTER BREATHING

The Feldenkrais method of movement & awareness



THURSDAY 11 APRIL 2024

NEW OPEN DAY

12:00 - 13:00 in GYM B

Improving Mobility in:

- Back and spine
- Shoulders, -head & neck
- Hips-knees

Teacher: Irene Habib - Feldenkrais - Assistant Trainer & Practitioner
habiren@gmail.com

Coordinator: Eileen Larkin - eileen.larkin@fao.org / ext. 56399

**For info and booking: FAO Staff Coop -Room E016 -
fao-staff-coop@fao.org - ext. 53142**

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