

# NEW ACTIVITY AT FAO STAFF COOP

## Movement, Energy & Rhythm Therapy. A Journey through the Four Elements

At FAO HQ – Staff Coop Gym C  
One Friday per month, from 12:00h–13:00h



A cycle of **4 workshops** co-animated by TIZIANA BUFFAGNI, art-therapist and SOPHIE JACOBSON, dance-therapist, based on the method of **Dr. France Schott-Billmann**, using percussions to awake the basic primitive rhythms of heartbeat & breath to connect body and mind, release energy, and build a sense of social belonging.

 <b>EARTH  </b> Grounding  <b>3 Oct 2025</b>  with Tiziana & Sophie Register by 26 Sep	 <b>FIRE  </b> Energy  <b>7 Nov 2025</b>  with Sophie Register by 31 Oct	 <b>WATER  </b> Emotion  <b>5 Dec 2025</b>  with Sophie Register by 28 Nov	 <b>AIR  </b> Inspiration  <b>23 Jan 2026</b>  with Tiziana Register by 16 Jan
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- ◆ **Registration required** (reserved for FAO Staff Coop members only) at least 1 week before each class at [tiziana.buffagni@yahoo.com](mailto:tiziana.buffagni@yahoo.com)
- ◆ **Fees:** EUR 60 full cycle | EUR 18 per class. Pay to IBAN: IT13801503293258 (Tiziana Buffagni) >> Note: "Name + FAO 4 Elements"
- ◆ **Min. 5 participants/class** (otherwise course cancelled and reimbursed)



- ◆ Explore nature's symbols & archetypes through movement and rhythm!
- ◆ Reconnect with body, emotions & creativity in a joyful and playful way!

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

