



ACTIVITY AT FAO STAFFCOOP

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

LAST WORKSHOP!



WATER | Emotions

20 February 2026 from 12:00h–13:00h

At FAO HQ – StaffCoop Gym C

Dance therapy Workshop animated by TIZIANA BUFFAGNI

- ◆ **Registration required** at least 1 week before each class at tiziana.buffagni@yahoo.com
- ◆ **Fees:** EUR 60 full cycle | EUR 18 per class. Pay to IBAN: IT13B01503293258 (Tiziana Buffagni)
- ◆ **Min. 5 participants/class** (otherwise course cancelled and reimbursed)

Last one of a cycle of 4 dance therapy workshops using percussion music evoking the basic rhythms of heartbeat & breath to connect body and mind, release energy, and build a sense of social belonging.



- ◆ 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.