



# ASHTANGA YOGA



*open to all levels*

TAUGHT IN ENGLISH BY GEORGE MINOT

ON MONDAYS AND WEDNESDAYS - GYM B

17:15 to 18:30

First Trial Class: Free of charge

Single Class - buying a minimum of 5 classes onwards: €15

(buy as many as you like with no time limit)

Single Class: €20

For info and booking:

FAO Staff Coop. Room E016 – tel. 0657053142 / email: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)

Group Coordinator: Michael Riggs: 0657055461 / [michael.riggs@fao.org](mailto:michael.riggs@fao.org)

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