



ASHTANGA YOGA



open to all levels

TAUGHT IN ENGLISH BY GEORGE MINOT

ON MONDAYS AND WEDNESDAYS - GYM B

17:45 to 19:00

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

Group Coordinator: Michael Riggs: 0657055461 / michael.riggs@fao.org