



# DYNAMIC POSTURE BETTER BREATHING

The Feldenkrais method of movement & awareness



Lessons on Tuesdays and Thursdays

12:00 - 13:00 in GYM B

Classes starting December 5th



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 -  
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