



Postural Training



Mondays and Thursdays
from 13:00 to 14:00 hrs
GYM C

Starting date: 13 November 2023

Postural gymnastics is a special technique aimed at rebalancing all muscles from head to toes. Through its practice, you learn to let go of all the incorrect postures that are built up in day-to-day life, and to allow to regain awareness of the natural movements of the body.

Postural gymnastics is your best cure

Teacher: Monica Mancini

University Degree in Physical Education and Sport Sciences

Functional Trainer

Personal Trainer

Physical Trainer

Polestar teacher

C.T. during the ParaOlympic Games - Atlanta 1996

C.T. during the ParaOlympic Games - Sidney 2000

First trial: free of charge

10 classes: €80 (to be used within 60 days)

Single class: €10

For information please contact :

Monica: +39 3281397538 ;

or Coordinator: **Angela Hinrichs** - Email angela.hinrichs@fao.org / Ext. 54070

For registration: FAO Staff Coop, Room E016, Ext. 53142 / fao-staff-coop@fao.org

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