



JANUARY 2024



YOGA COURSES

'TRUE POWER FLOW'

at **TENNIS CLUB
SANTA MARCELLA**

FOR ALL AGE LEVELS

'TRUE POWER FLOW':

ISABELLA COLAMARCO WILL GUIDE YOU THROUGH SEQUENCES OF ASANAS (POSITIONS) IN A DYNAMIC PRACTICE, IN WHICH THE BODY, WILL MERGE WITH THE BREATH THAT WILL CALM THE MIND, THUS MAKING YOU ACHIEVE A WONDERFUL PSYCHOPHYSICAL WELL-BEING

MONDAY 18.30

WEDNESDAY 13.00

THURSDAY 18.30

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00154 ROMA - PIRAMIDE - S.SABA**



YOGA



BODY



SOUL



The Santa Marcella Tennis Club is pleased to report that it has completed renovations to the entire sports center, with the creation of a women's locker room and a room for additional activities such as Power Flow Yoga with a certified teacher.

Therefore, we propose the following discount reserved for FAO Staff Coop members until the end of 2024:

-Individual Lesson: Euro 45.00 instead of Euro 50.00

-Pair lesson: Euro 70.00 instead of Euro 80.00

-Group course/lesson package: Euro 80.00/6 lessons instead of 5; Euro 150.00/11 lessons instead of 10.

The agreement is valid only for members with a valid FAO Staff Coop membership card.

**Kindly note that the FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients.