



TAI CHI

For the well-being of the body, mind and spirit

TAIJI QUAN and

QIGONG Therapeutic and Taoist

TUESDAY 17:00-18:00 and THURSDAY 13:00-14:00

GYM "B" BUILDING "E" BASEMENT

STARTING DECEMBER 5th

TRIAL LESSON: FREE OF CHARGE 8 classes (to be used within a month):/65€

4 classes (to be used within a mont): 50€

•Single class: 15€

Maestra PAOLA WU MIN YI

National Champion of Tai Chi in 1989-90-91, Thirty-year teaching experience President of the Cultural Association "Tra Cielo e Terra" (San Saba area -- 3474110273)

INFO: GIORGIA DE SANTIS (COORDINATOR) – <u>Giorgia.desantis@fao.org</u> / EXT. 53344 FOR BOOKING: FAO STAFF COOP – ROOM E016 (FAO) – <u>fao-staff-coop@fao.org</u> / 0657053142

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