



Traditional yoga classes

with Cesare Maramici



**It is more difficult to get in touch with one's self
than to conquer the world**

**Classes on Tuesdays from 17:15 to 18:15 – Gym A
Starting from 28 November**

The class consists of postures, breathing exercises and final relaxation.

Cesare Maramici has been practising yoga and meditation for thirty years, and has published several books on yoga and meditation, the latest texts he has published are: *Yoga explained to my daughter* (in Italian and English) and *The Thousand Faces of Meditation* (in Italian).

For more information visit his blog at: <https://maramici.blogspot.com/>

**CLASSES FREE OF CHARGE
(only FAO Staff Coop membership required)**