



IMPROVING POSTURE & BREATHING 2021

ONLINE LESSONS

Based on the Feldenkrais Method



Efficiency & flexibility in:

- Shoulders-head & neck
- Hips-knees & lower back
- Breathing & balance
- Hands & Feet



SPECIAL OPEN LESSON ON

TUESDAY 27 APRIL

FOR A NEW POSSIBILITY TO JOIN FROM

TUESDAY 4 MAY

Lessons on Tuesdays at 17:30 hrs

REGISTRATION DEADLINE: TUESDAY 27 APRIL AT 14.00 HRS

**A short explanatory article is at your disposal in the April 2021 Casa Gazette, which has been sent by newsletter, and available on our website*

(https://www.faostaffcoop.org/fileadmin/user_upload/faostaffcoop/docs/gazette/2021/pdf/Aprile_gaz_Def_Web_2.pdf)

For info&enrollement, please contact:

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(Please put **fao-staff-coop@fao.org** in CC)

You will receive the zoom meeting link by email