



BETTER POSTURE IMPROVES BREATHING

2021-2022

ONLINE LESSONS

Based on the Feldenkrais Method



Efficiency & flexibility in:

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



NEW SEASON -TRIAL LESSON
TUESDAY SEPTEMBER 21, 17:30
(Booking in advance advised)

**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