



## DINAMIC POSTURE & BREATHING 2021

### NEW ONLINE LESSONS

### Based on the Feldenkrais Method



Efficiency & flexibility in:

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



FIRST TRIAL LESSON  
ON TUESDAY 5 JANUARY 2021  
Lesson at 17:30 hrs  
(please book within 5 January  
at 13:00 hrs)

COURSE STARTS ON TUESDAY 12 JANUARY

Lessons on Tuesdays at 17:30 hrs

Registration deadline: 11 JANUARY

*For info&enrollement, please contact:*

**Teacher Irene Habib** Feldenkrais Assistant Trainer & Practitioner

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**Coordinator: Eileen Larkin** [Eileen.larkin@fao.org](mailto:Eileen.larkin@fao.org)

Please put [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) in copy.

***You will receive the zoom meeting link by email.***