



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



SPECIAL OPEN LESSON ON TUESDAY 23 FEBRUARY

FOR A NEW SESSION STARTING ON TUESDAY 2 MARCH

Lessons on Tuesdays at 17:30 hrs

For info&enrollement, please contact:

Teacher Irene Habib Feldenkrais Assistant Trainer & Practitioner

habiren@gmail.com whatsapp 3403680717 or

Coordinator: Eileen Larkin Eileen.larkin@fao.org

Please put fao-staff-coop@fao.org in copy.

You will receive the zoom meeting link by email.