



INTERNATIONAL YOGA DAY CELEBRATION

ONLINE EVENT: Monday 21 June 2021, from 6 to 7 pm



FAO Staff Coop and Vinyasa Yoga Flow Teacher Janine Claudia Nizza are happy to invite you to a free class to share and spread the importance of a regular yoga practice to support mind /body/soul, especially in these difficult times!

ZOOM MEETING LINK

<https://fao.zoom.us/j/98842077914>

MEETING ID: 988 4207 7914 / **Passcode: 873068**

PROGRAM:

It will be a live class on streaming with the following contents:

- # Introduction to the origin and benefits of Yoga
- # Demonstration and practice of Pranayama Ujjayi
- # lead class of: The Flow of Shakti Vinyasa



A very informative article, 'Flow of the Shakti' by Janine Claudia Nizza has just been published, in English, in the June issue of the FAO Gazette. We highly recommend reading it at the following link before joining the event: <https://www.faostaffcoop.org/gazette/gazette-2021/> (June issue – page 12)

There is also an illustrated Flow of Shakti Vinyasa in an Italian version at the following link:

<https://www.yogapills.it/vinyasa-il-flow-della-shakti/>

We hope all of you can participate, along with the worldwide Yogic Community, to celebrate the Annual Summer Yoga Solstice.

Many blessings,

OM SHANTHI OM



Janine has been teaching Yoga Flow in Rome since 2002. She is Yoga Alliance Registered InternationalERYT 500 PLUS since 2019 and Graduate in Painting from Academy of Art of Rome since 1992. She has authored many yoga articles for the Fao Casa Gazette, Vivere Lo Yoga, Yoga Pills, Yoga Journal Italia, Yoga-Magazine.it and Yogapedia.it (check her article: Vinyasa Flow Yoga)

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