



VINYASA YOGA FLOW with Janine Claudia Nizza

FAO Staff Coop presents the new Online Course
starting on 7 January 2021

TUESDAYS and THURSDAYS from 7 to 8 pm

Teacher's Website: www.yogaflow.it

Course description: **Janine Claudia Nizza** (Expert Yoga Teacher 500 Plus certified by Yoga Alliance® Worldwide) has been teaching her dynamic style of yoga for more than 20 years, in Rome and Los Angeles. Janine didactic consists of dynamic yoga classes based on Surya Namaskara and Chandra Namaskara with always variations of sequences to get into new series of asanas along with the use of the Ujjayi Breathing and the awareness of reflexes and coordination.

The class is open to multi-level practitioners;
FIRST CLASS FREE OF CHARGE (please join at any time)

Cost for 4 online lessons : €40

Cost for 8 online lessons: €75

For registration fees and info, please contact Ms. Paola Franceschelli (group coordinator):
paola.franceschelli@fao.org or Teacher Claudia Nizza: info@yogaflow.it with
fao-staff-coop@fao.org in copy. For general info: fao-staff-coop@fao.org - Ext. 53142

****To get more information on private yoga online classes please contact Janine Claudia Nizza:**
info@yogaflow.it