



Join us for:

the

# Fun & Play

ONE-DAY RETREAT

Saturday March 15th  
Rome, Italy  
9:30am-5.30pm

Learn how to integrate more enjoyment and ease into your busy, pressure-cooker life, while improving your health, relationships, and overall fulfillment in the process.



**DM for Details**  
[plexus@theplexus.it](mailto:plexus@theplexus.it)

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.

## **FAO Coop Exclusive: Fun & Play Retreat – Special Discount!**

When was the last time you truly allowed yourself to play?

In the rush of daily life, many of us forget how vital fun and creativity are to our well-being.

That's why Teresa Fracasso and Anne Hamro are hosting the Fun & Play One-Day Retreat on March 15th in Rome at Plexus—a special event designed to help participants rediscover joy, creativity, and connection through movement, hands-on activities, and inspiring workshops.

### **What's in store for you?**

 **Creative clay work to spark imagination**

 **Embodiment class to reconnect with energy and self**

 **Fun & Play sessions that energize, create, and connect**

 **Practical tools and insights to bring more playfulness into everyday life**

This isn't just about having fun for a day—it's about breaking free from stress, finding balance, and remembering the importance of play in leading a joyful and fulfilling life.

 **Exclusive for FAO Coop Members:**

**Enjoy a €25 discount on your retreat booking! **

 **More details & registration:**

**<https://www.theplexus.it/funandplayretreat/>**

Don't miss the chance to reset, recharge, and reconnect—March 15th is your day to step into play!

For more info, reach out **plexus@theplexus.it**.

We can't wait to share this experience with you!