



# DYNAMIC POSTURE BETTER BREATHING

The Feldenkrais method of movement & awareness



THURSDAY 9 MAY 2024

OPEN LESSON - 12:00

Lessons on TUESDAY AND THURSDAY

12:00 - 13:00 in GYM B

Improving Mobility in:

- Back and spine
- Shoulders,-head & neck
- Hips-knees

Fees:

€55: 4 classes

€95: 8 classes

(one month validity each)

Teacher: Irene Habib - Feldenkrais - Assistant Trainer & Practitioner  
habiren@gmail.com

Coordinator: Eileen Larkin - eileen.larkin@fao.org / ext. 56399

For info and booking: FAO Staff Coop -Room E016 -  
fao-staff-coop@fao.org - ext. 53142

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