



# Yoga Course



## TRADITIONAL YOGA COURSE WITH CESARE MARAMICI

Classes on Tuesdays from 17:15 to 18:15 - Gym A

JOIN US

Meditation  
& Relaxation

**CLASSES FREE OF CHARGE (only FAO Staff Coop membership required)**



For more information about Cesare Maramici  
visit his blog at: <https://maramici.blogspot.com>

**For info and booking: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)**

***N.B. It is mandatory to provide us with a valid medical certificate***