



# Traditional yoga classes

with Cesare Maramici



**It is more difficult to get in touch with one's self  
than to conquer the world**

**Classes on Tuesdays from 17:15 to 18:15 – Gym A**

**The class consists of postures, breathing exercises and final relaxation.**

Cesare Maramici has been practising yoga and meditation for thirty years, and has published several books on yoga and meditation, the latest texts he has published are: *Yoga explained to my daughter* (in Italian and English) and *The Thousand Faces of Meditation* (in Italian).

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

**CLASSES FREE OF CHARGE**

**(only FAO Staff Coop membership required)**