

FAO STAFF COOP

presents

FLOWORK

by JANINE CLAUDIA NIZZA
www.yogaflow.it

... Building on her experience in spiritual movements and knowledge of anatomy, she will lead you to focus your attention through guidance in words and practical demonstration, music will help you to channel your energy during the practice.



Class is on Thursday
from 1:00 pm
to 2:00 pm Gym A

You are welcome to take
a trial class for free.

You are recommended to pay 4 classes
in advance directly to Fao Staff Coop.

contact: Paola.Franceschelli@fao.org