

FAO STAFF COOP

# FLOWORK

start October 1st 2012

TEACHER JANINE CLAUDIA NIZZA



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**MONDAY and WEDNESDAY from 5.00 pm to 6.00 pm GYM B**

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Flowork through elements of yoga, martial arts and dance gives to body and mind flexibility, balance and strength. With music's background this workout helps to memorize and practise the routines easily and with fun!

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[www.yogaflow.it](http://www.yogaflow.it)

[www.devajanine.com](http://www.devajanine.com)