

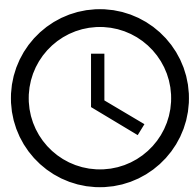
Active, free workshops

prevention of a healthy spine

for employees of the University of Gdansk

You will learn how to properly:

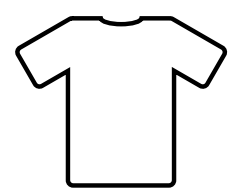
- maintain a seated posture,
- breathe while sitting
- perform daily movements



Duration of
120 minutes



max of 20 people



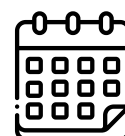
Bring comfortable exercise
clothes

Faculty of Law and Administration

room 3043



14:00–16:00

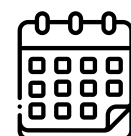


10.02.2025

room 3062



12:00–14:00



13.02.2025

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