



UN INTERNATIONAL DAY OF YOGA DAY CELEBRATION 2022



FAO STAFF COOP
JOIN OUR ACTIVITIES



Save The Date!

21 JUNE 2022

5.30 pm. to 7.30pm.

ON ZOOM

Organized and lead by : *Radha Gupta ,Cesare Maramici, Janine Claudia Nizza*
(group of Yoga and Meditation teachers for the FAO Staff Coop).

The President of the European Yoga Federation, Amadio Bianchi,
will attend the conference.

Free & open to all: Yoga talks ,Yoga and meditation Practice ONLINE, to
celebrate UN International Day of Yoga together!

Programme:

- **5:30 pm.** *Opening and introduction to Yoga Day by Radha;*

- **5:40-6:05 pm.** *Presentation of the book Yoga as explained to my daughter. - Everything you need to know to practice Yoga with awareness. This short but comprehensive book offers all practitioners of Yoga a way to step into this ancient tradition with full awareness and appreciation of its teachings, practices, and sacred texts.*

*This book is co-written and presented by **Cesare Maramici, Lissia Amach and Ana-Giselle Kafie**, seasoned Yoga practitioners coming from different backgrounds, origins and Yoga lineages and committed in all humility to spreading the knowledge of Yoga.*

E-mail: maramicicesare4@gmail.com - amachf@tcd.ie - anaqisellek@icloud.com ;

-**6:05-6:25 pm.** *The benefits of Yoga practice by **Yogacârya Amadio Bianchi**, President of European Yoga Federation.*

Web site: <https://www.europeanyogafederation.net/> .

Yoga practice can induce numerous positive changes in the psycho-somatic personality of the individual including the awakening of awareness and the attainment of elevated states of consciousness.

This discipline helps reorganize the mind, experience states of contentment that are the premise of tranquility and peace and improve the quality of existence;

-**6:25-7:00 pm.** ***Janine Claudia Nizza** will guide you into a Pranayama Kumbhaka and a Chandra Vinyasa practice to involve all levels of yogin in a Flow and easy practice that increases flexibility on hips and shoulders. 2022 is her 20th anniversary of teachings yoga, she is ERYT 500 Plus by Yoga Alliance Italia International and creator of TTC Vinyasa Yoga Flow 250 RYS PLUS. She has been collaborating with FAO Staff Coop since 2012 and offers a special reduction on her Yoga Classes, Summer Retreat, and Teacher Training to all FAO Staff Coop members.*

Please visit her website at : www.yogaflow.it ;

-**7:05 – 7:25 pm.** *Raja Yoga Meditation with **Wendy Farrington**;*

Wendy will guide us into a peaceful and refreshing meditation followed by a brief presentation introducing the practice of Raja Yoga. As the founder of Brahma Kumaris Centres in Italy (www.brahmakumaris.org), Wendy began her meditation practice in 1982 in France. Wendy has traveled extensively sharing spiritual wisdom enriched by her experience as an Olympic skier, professional dancer and artist. At FAO, the Positive Thinking for Peaceful Living Group offers half hour of meditation every Friday from 12 – 12.30hrs (online). For more information, please contact Radha.Gupta@fao.org

-**Closing and greetings at 7:25 pm.**

To join the event please email: fao-staff-coop@fao.org