



FAO Staff Coop- Human Values Group
Holistic Musicotherapy 2025

Meditation
Sounds
Harmony
Health
Balance

Starting: Friday 7 March
Classes every Friday from 13 to 14
Room E021(FAO)

Exposure to sound causes changes in our bodies on both a conscious and unconscious level when particular sounds are used in combination with meditation.

Experiences are made with live instruments.

Teacher: Marlene Michon. Musician, 30 years dedicated to holistic science, sound investigation, music therapy, meditation and magnetotherapy.

Fee: 60€ for 8 sessions (2-month validity)

Contact:

marlene.michon@mclink.it

FAO Focal Point:

Carolina.Dangelo@fao.org

FAO STAFF COOP MEMBERSHIP REQUIRED

For more information: fao-staff-coop@fao.org / 0657053142