



Embodied Presence

A Journey into
Mindfulness and Transformation



Wednesday
12:00 - 13:00
Room E021

Cultivate a deeper connection to the present moment,
gain practical tools for navigating life with more ease, and
engage in a supportive space of exploration and growth.

Join me for a weekly mindfulness journey.

We'll explore practices inspired by:

- ~ The Teachings of Jiddu Krishnamurti
- ~ Michael Brown's *Presence Process*
- ~ Vadim Zeland's *Reality Transurfing*
and other profound approaches to
self-awareness and inner balance.

All levels welcome!

For info and booking:

FAO Staff Coop 0657053142 / fao-staff-coop@fao.org
(FAO Staff Coop Membership Required)

Coordinator

Luisa.Belli@fao.org

MINDFUL PRESENCE

FOR JOYFUL LIVING