



Dear Colleagues,

The Human Values Group at FAO Staff Coop is back from last week of February 2025!!!!!!!!!!!!!!!!!!!!!!

The years 2020-2021 slowed down the activities of the group that is now restarting all the in-person meetings, and a core group of people decided to manage the activities.

Our thanks to all of them who are on a voluntary basis leading different sessions during the week.

Here below you will find a short description of each activity, with the focal person, the date, place and time.

Please write the person leading the group you are interested in attending.

Each group will be self-managed by the coordinator/focal point who will manage a small mailing list with all the updates related to her/his activity.

In addition, there will be a general Human Values group mailing list through which you will receive the newsletter as well as the information related to speakers coming to FAO and activities outside the FAO premises.

Please remember that an active membership with the FAO Staff Coop is mandatory in order to be able to attend the different groups in the Human Values Group.

Only for those who still have not renewed their membership: enclosed please find the email with the instructions for the renewal.

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We wish you all peace and harmony.
Shanti,

FAO Staff Coop and Human Values Group

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Tuesdays, 12-13, Venue E 021

1. The Art of Listening – Exploring Nonviolent Communication , coordinator:

AnnKristin.Rothe@fao.org

Tuesdays, 12-13, Venue E 021

Nonviolent Communication (NVC) is a practical and powerful tool we can use to improve both our communication skills and our relationships. Developed by psychologist Marshall Rosenberg, NVC can bring more compassion and empathy into our dialogues, whether we are speaking with others or to ourselves. By revealing moment by moment what is alive in us, NVC can help us gain deep clarity what is important to us, and how to care for life qualities- such as connection and cooperation. NVC can be applied to transform our relationships with our family, friends, colleagues, and neighbors, as well as in politics for conflict resolution and mediation. During our time together, we will explore the fundamental steps of NVC and engage in exercises to practice the art of listening.

Please let me know in advance if you wish to participate: ann-kristin.rothe@gmx.com/ +39 338 56 10 374

Tuesdays, 17-18, Gym A

2. Traditional Yoga, coordinator: Cesare Maramici, maramicesare4@gmail.com

Tuesdays, 17-18, Gym A

Traditional yoga class will take place on Tuesdays 5.15 p.m. in Gymnasium A (medical certificate required).

Take a look at the Blog there are many new articles: <https://maramici.blogspot.com/>

Wednesdays 12-13, Venue E 021

3. Embodied Presence – A Journey into Mindfulness and Transformation, coordinator:

Luisa.Belli@fao.org

Wednesdays, 12-13, Venue E 021

Join me for a weekly mindfulness journey that integrates transformative practices drawn from Kundalini yoga meditations, Jiddu Krishnamurti's insights, Michael Brown's "Presence Process," Vadim Zeland's "Reality Transurfing," and other profound approaches to self-awareness and inner balance.

In this one-hour session every Wednesday from 12 to 1 PM, we will explore techniques that have deeply impacted my own well-being, vitality, and overall life experience. Our time together will be experiential—dedicated to practice, self-inquiry, and shared reflections on what we are learning.

This is an opportunity to 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. Whether you are new to these practices or seeking to deepen your journey, you are warmly welcome.

Thursdays 12.15-13, Venue E 021

4. Positive thinking for peaceful living, coordinator:

Radha.Gupta@fao.org

Thursdays, 12.15-13, Venue E 021

(Inspired by the practice RajaYoga Meditation as taught by the Brahma Kumaris)

The main purpose of these meetings is to use meditation to overcome stress. This half hour dedicated to the self for reflection, can make a big difference to reducing tension and building precious reserves of inner peace and strength. An opportunity to meditate together for 30 -40 minutes on relevant topics in a safe and tranquil environment.

The meetings will start with a few minutes introducing the topic, a guided meditation and then a little time for group interaction.

Fridays 13-14, Venue E 021

5. Musicotherapy, coordinator: Marlene Michon mi4603@mclink.it; marlene.michon@mclink.it

Fridays, 13-14, Venue E 021

COS'É LA MUSICOTERAPIA? (See attachment in English describing the activity!)

Il suono: Fenomeno misterioso che permea tutto il creato, come l'aria, come l'acqua, come la terra, è parte indispensabile del nostro mondo. Che siano suoni della natura, che siano suoni artificiali o prodotti da creature viventi, i suoni hanno affascinato da sempre l'uomo.

La musica, che è fatta da suoni produce quell'insieme di note, frequenze, battiti, armonie che donano un qualcosa di magico all'ambiente, alle persone ...suscitano emozioni... provocano movimenti nel corpo e pensieri creativi, equilibrio, salute e una vita armoniosa.

I primi sciamani cantavano, danzavano, facevano musica. Da allora non è cambiato molto. Sono state fatte molte ricerche scientifiche e costruiti strumenti sempre più raffinati ed efficaci ma la sostanza non cambia ... la nostra vita è musica ascoltata, cantata, suonata. **Il nostro corpo produce musica, il nostro corpo suona con l'Universo.**

Il nostro obiettivo ora è rendere noto il perché di questa magia: perché i suoni sono così amati? Perché aiutano il corpo e la mente a guarire? Come possiamo utilizzarli in tal senso?

La Musicoterapia abbinata alla meditazione ci dà la risposta permettendo all'uomo di trovare i suoi valori più profondi.

6. *Library - in progress* - , coordinator Sara Dister, Sarah.Dister@fao.org

DATES soon confirmed!!!

The idea would be to apply a collective approach to the collection based on the principle of reciprocal sharing: "Borrow a book, share/care for a book"

7. Newsletter, editors: Marlene Michon mi4603@mclink.it; marlene.michon@mclink.it and Cesare Maramici maramicesare4@gmail.com ,
published quarterly at the Equinox and Solstices both electronically and limited copies in paper.