



# MINDFULNESS

TUESDAYS

12:00 – 13:00

In Room E222 (FAO)

From 2 April 2024



Meditation lessons open to everybody, beginners and experienced.

Theory and practice of presence and awareness, in breath, body and mind.

It supports physical and mental relaxation, helps to know oneself,

reduces stress, increases presence and concentration.

It improves and maintains psychophysical well-being.

Sessions held by Alberto Soverchia.

Contacts:

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<https://albertosoverchia.it>

If you would like to join this group or just to try out one session,  
please write to [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) for booking.

In order to attend regularly, fees are:

€15 - single lesson

€50 - 4 lessons (one month validity)

€130 - 10 lessons (one year validity)

FAO Staff Coop membership required

For more information: [fao-staff-coo@fao.org](mailto:fao-staff-coo@fao.org) / 0657053142

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