

POSITIVE THINKING FOR PEACEFUL LIVING

FAO STAFF COOP GROUP

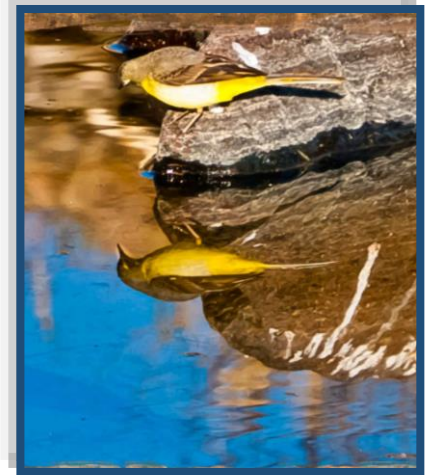


**Thursdays 12.15 – 12.45 hrs
in Room E.021 (FAO)**



for information, please contact: Radha Gupta (Radha.Gupta@fao.org)
Weekly meeting - Free Admission
(FAO Staff Coop membership required)

*An opportunity to step into
a peaceful atmosphere, to meditate,
reflect and strengthen
our inner world*



The meetings will start with a brief introduction to the topic, a guided meditation and then a little time for group interaction.

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 spend 30 minutes together on relevant topics in a safe and tranquil environment.

Welcome to try it out!



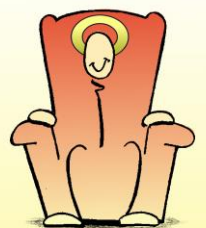
The sessions draw from the knowledge and practice of Raja Yoga Meditation as taught by the Brahma Kumaris World Spiritual University (www.brahmakumaris.org)

If you would like to join this group or just to try out one or two sessions, please write to Radha.Gupta@fao.org for more information.

These meetings are free of charge.

In order to attend regularly, you need to be a member of the FAO Staff Coop

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



Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.