



U.N. DAY OF YOGA CELEBRATION 21 JUNE 2024



PEACEFUL & COMPASSIONATE PRACTICE
Organized in collaboration with FAO Staff Coop
& Yoga and Taiji Teachers



**Zoom direct to celebrate with teachers and practitioners
from 12:00 hrs to 14:00.**

**Live stream on FAO Staff Coop Youtube channel
(all sessions will be in English)**

12:00 – Opening (presentation by Ms. Radha Gupta, positive thinking teacher)

**12:05 - "The thousand faces of meditation. Meditation in Yoga" - Lecture by
Mr. Cesare Maramici, Hatha Yoga teacher**

12:25 – "Vinyasa Yoga Flow For Peace" - Session by teacher Janine Claudia Nizza

12:45 – Viniyoga Session by teacher Patrizia Labella

13:05 – Taiji Quan and Qigong Session by teacher Paola Wu Min Yi and her group

**13:25 – "Raja Yoga for Inner Stability" - session by teacher Radha Gupta of the
Positive Thinking group**

13:45 – Closing (by Janine Claudia Nizza, Vinyasa Yoga Flow teacher)

**Kindly confirm your participation by emailing
fao-staff-coop@fao.org**