

# POSITIVE THINKING FOR PEACEFUL LIVING

MEDITATION  
FAO STAFF COOP GROUP

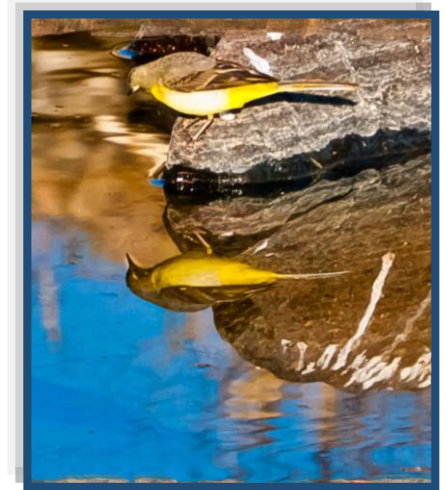


**Thursdays 12.15 – 12.45 hrs  
in Room E.222**



for information, please contact: Radha Gupta (Radha.Gupta@fao.org)  
Weekly meeting - Free Admission

*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!**

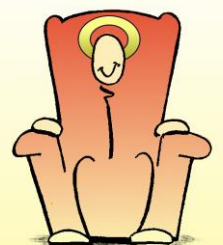


The sessions draw from the knowledge and practice of Raja Yoga Meditation as taught by the Brahma Kumaris World Spiritual University ([www.brahmakumaris.org](http://www.brahmakumaris.org))

If you would like to join this group or just to try out one or two sessions, please write to [Radha.Gupta@fao.org](mailto: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.



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