

Gesture of Awareness

A Day of Practice with Charles Genoud in Basel

Sunday April 22

Gesture of Awareness is a unique means of exploring movement. It uses the body as skillful means of inquiry into one's true essence. In order to do this, one needs to stop elaborating on what is happening, to let go of the habitual tendencies of judging, evaluating, of labelling every experience.

Gesture of Awareness is a way of learning oneself deeply.

Charles Genoud has been a practitioner of Tibetan Buddhism since 1970.

A student of the Venerable Geshe Rabten, Dilgo Khyentse Rinpoche, and other teachers in the Dzogchen Tradition, he has also practiced Vipassana Meditation in Burma and India.

He has studied the practice of Sensory Awareness with Michael Tophof and Charlotte Selver.

Co-founder of the Vimalakirti-Center in Geneva, Charles Genoud conducts meditation retreats in the United States, Europe, Brazil and the Middle-East.

Time: **Sunday April 22, 2012**
 10am – 12.30am and 14pm – 16.30pm

Place: **“Kalyana Mitta” Meditation Center, Ramsteinerstr. 16, Basel**
 (Tram 3 “Waldenburgerstr.”) www.kalyanamitta.ch

Fee: **Members of Kalyana Mitta Fr. 20.- / Non-members Fr. 40.-**
 The fee includes all organisational costs, travel expenses etc.
 Participants will support the teacher financially through donations
 (Dana)

Please wear loose fitting clothes

**Your Subscription is obligatory and will not be confirmed. In case of hindrance please
give us notice.**

Send Subscription to Catherine Felder, St. Galler-Ring 208, 4054 Basel

or E-mail: info@kalyanamitta.ch

Questions? 061 302 22 08 / 061 302 49 30

Subscription for Gesture of Awareness with Charles Genoud, April 22

Name.....

Address.....

Tel.....E-mail.....

Signature.....