

GESTURE of AWARENESS

**A Weekend of Practice with Charles Genoud in Basel
Saturday May 13th and Sunday May 14th 2023**



Gesture of Awareness is an approach to the spiritual path through movement. What is at stake is not what we are doing or how we are doing it, but simply being — or, more precisely, being free. This can be explored through simple movements or gestures: in taking a step, in stretching an arm, in the contact with another person, or in the awareness of the way our thoughts and emotions arise.

Charles Genoud teaches Buddhist meditation both in Switzerland and internationally. His unique approach of Gesture of Awareness is the result of the combination of Buddhist meditation with the practice of Sensory Awareness.

Time: Saturday May 13th and Sunday May 14th 2023
10am – 12.30am and 14pm – 16.30pm

Place: “Kalyana Mitta” Meditation Center
Ramsteinerstr. 16a, Basel (Tram 3 “Waldenburgerstrasse”)

Fee: Members of Kalyana Mitta Fr. 40.- / Non-members Fr. 60.-
The fee includes all organisational costs, travel and hotel expenses for the teacher.
Participants will support the teacher financially through donations (DANA)

Please wear loose fitting clothes and bring your own lunch.
The weekend will be taught in English without translation.

► **Limited number of participants** ◀

Participants attending the whole weekend are given preference. In case of hindrance, give us notice as soon as possible to give people on the waiting list a chance to attend.

Subscriptions to Catherine Felder, St. Galler-Ring 208, 4054 Basel
E-mail: pippifax@bluewin.ch

Subscription for Gesture of Awareness with Charles Genoud, May 13th and May 14th 2023

Name.....

Full Address.....

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

Signature.....Date.....