

# GESTURE of AWARENESS

**A Weekend of Practice with Charles Genoud in Basel  
Saturday June 28 and Sunday June 29 2025**



**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 June 28 and Sunday June 29 2025  
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 will be 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](mailto:pippifax@bluewin.ch)

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*Subscription for Gesture of Awareness with Charles Genoud, June 28 and June 29 2025*

Name.....

Full Address.....

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

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