

# Gesture of Awareness

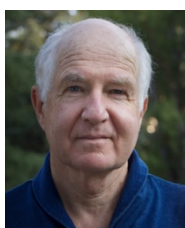
Mindful practice in stillness and movement

A weekend with Charles Genoud

15. – 17. September 2017, Zurich

Gesture of Awareness is a unique approach to the practice of mindfulness. Mindfulness understood as the exploration of a quality of presence. In sheer presence we are no longer caught up in the complex, on-going conceptual stories in which we usually exhaust ourselves. The silent practice both in stillness and movement allows participants to come into the presence through simple, less contrived activities such as taking a step, opening the eyes, or touching another person. The gentle guidance supports inner stillness and an opening to a global experience of one's own being.

## About Charles Genoud



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.

The workshop is taught in English. Open to both beginners and experienced practitioners of mindfulness meditation.

**Place:** Zurich or Kilchberg (tba)

**Times:** Friday: 7pm to 9pm  
Saturday: 10am to 4.30pm  
Sunday: 10am to 3.15pm

**Costs for workshop:** Fr. 430.-

(Prize does not include food or lodging. Reductions for students, AHV/AVS, IV/AI)

**Registration:** [www.centerformindfulness.ch](http://www.centerformindfulness.ch)



