



Meditation in Stillness and in Movement Charles Genoud

Izariat
30 minutes from Geneva

August 22nd to 30th
8 days

Price: € 1120-

The price includes:

Lodging and food

A Workshop fee of about € 350-

Sgl supp. € 150.-

The number of single rooms is
limited.

CHARLES GENOUD
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The price **does not include** travel
to/from the retreat center.

GESTURE OF
AWARENESS

FRANCE
IZARIAT
2021





CHARLES GENOUD

has been a student and practitioner of Tibetan Buddhism since 1970. He studied with the Venerable Geshe Rabten and then with Dilgo Khyentse Rimpoche. He has also practiced Vipassana meditation in Burma and the US.

Charles studied sensory awareness for several years with Michael Tophoff and discovered the Alexander Technic and Art in Movement with Brigitte Meuwly.

His approach of Gesture of Awareness is the result of the combination of Buddhist meditation with the practice of Sensory Awareness and Alexander Technic.

Gesture of Awareness is an approach to the spiritual path through movement. It includes all situations of human life. 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 the contact with another person, or in the awareness of the way our thoughts arise.

Awakened to the non-dual and ungraspable immediacy of the present experience, one can discover an incomparable sense of freedom. The practice is usually held in silence under the guidance of the teacher.

Schedule

Meditation: 6:30 7:00
 Qigong or Walking: 7:15 8:00
Breakfast: 8:00 8:45
 Morning Session: 9:30 12:30
Light meal: 12:30 1:30 pm
 Rest
 Afternoon: 3:00 6:00 pm
Dinner: 6:30 7:30 pm



The workshop

is intended for practitioners with an interest in exploring presence in connection with movements of the body, the voice and in the connection with others. The sessions will be spent exploring presence in various situations; the day will be held partly in silence.