

# GESTURE OF AWARENESS

Charles Genoud

Meditation in Stillness and in Movement

October 22 to 29 2022

7 days



Sicily



# Sicilian Spirit Meditation Center 2022

Nested in the heart of the Madonie mountain park, a few miles from Gangi – “Most beautiful village in Italy” prize winner – and about 40km from the enchanting fishermen village of Cefalù, Sicilian Spirit hosts yoga and meditation retreats in a 17th century “Masseria”, wonderfully restored respecting her ancient feudal structure. Surrounded by the silence offered by its enclosed 25 hectares park, at 650 mts above the sea level, you will be able to walk for hours in the secret inner paths and in the hidden centuries-old oak forest.

**Gesture of Awareness** is an approach to the spiritual path through movement and immobility. 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.

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. We explore what *being here* means, we explore what *being now* means.

Aware of the ungraspable immediacy of the present experience, one can discover the mystery of a life lived in fullness.

The practice is usually held in silence under the guidance of the teacher.

The morning are in silence and the afternoon not.







## Access

### By Air

From Palermo and Catania airport it takes 1h45 minutes

By Train or Car.

People who would like to participate in the course without flying can take a ship from three port cities:

**Toulon, Genoa and Naples.**

## Price: Euro

Double room with shared bathroom: €1120.

Single room with shared bathroom: €1420.

Single room with private bathroom: €1520.

The number of rooms in each category is **limited**.

These prices include:

The teacher's travel expense

A Workshop fee of about €350.-

Small support for the manager.

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

**Priority** will be given to those who participate in the gesture of awareness training

People interested in receiving more information can contact me at the following address: [contact@pcgenoud.ch](mailto:contact@pcgenoud.ch)

Here is the website:

<https://sicilianspirit.com>