

Charles Genoud

GESTURE OF AWARENESS 2023

July 3 to 9, 2023

Moulin de Chaves - France
not far from Bordeaux

<https://www.moulindechaves.org>



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.

The practice of Gesture of Awareness reinstates the spiritual path in the relationship with others. It allows us to discover how an authentic contact with others depends on a presence to oneself.

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

Every day there will be a period of 50 minutes for **karmayoga**.

CHARLES GENOUD

studied sensory awareness for several years with Michael Tophoff and discovered the Alexander Technique 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 Technique.



CHARLES GENOUD

JANE MOSS

The **Gesture of Awareness Workshop** will take place in Moulin de Chave, France, from July 3 to July 9, 2023.

Registration

Please contact Charles Genoud or Jane Moss (US registrants). See above.

Pricing ⚠

For the workshop and expenses € **480**.

It includes € 400. For the workshop and € 80. For expenses like travel, lodging and food and administration.

A **nonrefundable** deposit of €100 is due upon registration.

Full workshop fee is due by May 1, 2023.

⚠ We must follow the procedure in place at the Moulin. First of all, you have to register for the workshop by paying the deposit, from the vimalakirti website, then you will receive a link allowing you to book your accommodation directly at the Moulin.

Cancellation Policy

Workshop's fee (less deposit) is refundable through June 1, 2023

From June 2 there will be no refund.

For the Moulin policy see their website.

Le Moulin is just outside the village of Cubjac, 120km from Bordeaux International Airport, and 90 minutes from Limoges, Brive and Bergerac, each of which have a Ryanair airport.

From Limoges, Bergerac, Bordeaux or Paris, there are trains to Perigueux. Once at Perigueux train station, you can take a local bus or a taxi.

