

GESTURE

OF

AWARENESS

2024

July 8 to 14, 2024

Moulin de Chaves - France

not far from Périgueux

<https://www.moulindechaves.org>

Discovering the Sacred

In Ordinary Gestures.



Gesture of Awareness is a spiritual path that explores the experience of simple presence through the body – at rest, in motion, and in contact with others and the environment. By just being in stillness and just moving in uncomplicated gestures, we spontaneously shed the limitations of personal history and concepts.

The practice of Gesture of Awareness reinstates the spiritual path in the relationship with others.

Presence to ordinary experience is the Sacred - that which offers no still point, the dizziness of the immediate that defies all knowledge and offers no place to rest.

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.

The practice is held in silence until after lunch.

Every day there will be a period of 50 minutes for

karmayoga.





The **Gesture of Awareness Workshop** will take place in Moulin de Chave, France, from July 8 to July 14, 2024.

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 June 1, 2024.

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, 2024

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.

CHARLES GENOUD

JANE MOSS