

Wednesdays during the lecture period  
13.15-14.00, Room of Silence  
Basement of the Unitobler (B-105)  
Länggassstrasse 49, 3012 Bern

# POWER OF SILENCE

Contemplative Meditation

Start on Wed, 26 February 2025  
with introduction on 5 and 12 March

# Pause and breathe a sigh of relief in the middle of the week

In the demands of study and work, you open yourself to the power of silence. Two sequences of sitting, with meditative walking in between.

Instructor: Thomas Schüpbach-Schmid  
(university chaplain)

Registration and further information:  
078 842 78 90 or  
[thomas.schuepbach@refbejuso.ch](mailto:thomas.schuepbach@refbejuso.ch)

An introduction to the basics and practice of contemplative sitting will be offered on Wed, 9 and 16 October from 1.15 to 2.00 pm. All those interested are welcome - regardless of whether they have already taken part in previous semesters or would like to take part for the first time.

Free of charge for students!