

The power of silence

Contemplative Meditation



**Becoming
free and calm
in practising presence**

In the demands of study and work, you open yourself to the power of silence.

Two sequences of sitting, meditative walking in between.

Leader: Thomas Schüpbach-Schmid (university chaplain)

Registration and further information from Thomas at
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Mondays 16.15 - 17.00 (during the lecture period)
Room of Silence in the basement of the Unitobler
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