

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, 18 September 2024
with introduction on 9 and 16 October

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

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!