

The Power of Silence

Contemplative Meditation



**Pause for a moment
and take a deep breath
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, meditative walking in between.

Leader: Thomas Schüpbach-Schmid (University chaplain)

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Wednesdays, 1.15-2 p.a. (during the lecture period)
Room of Silence in the basement of the Unitobler (B-105)
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