

Weekly Events

during the semester

(Where nothing else is noted, at the University Chaplaincy **forum³, Länggassstrasse 41, 3012 Berne**)

Monday
12.15-2.00pm **forum³-Lunch** (organic and vegan)
(no registration, free for students)

Tuesday
6.15-7.30pm **Yoga**
Direction: Nikolaos Fries

Wednesday
1.00-1.45pm **Contemplative Prayer** (Sitting in Silence)
Direction: Thomas Schüpbach, Room of Silence*

Thursday
1.00-1.30pm **Midday Prayer**, Paulus-Church,
Freiestrasse 8, 3012 Berne

Friday
9.00-10.30am **Yoga**
Direction: Nikolaos Fries

*The Room of Silence is located in the Unitobler-building,
Lerchenweg 49, 3012 Berne, room number B-105

Full programme of the **forum³**:



Follow us on **Instagram (forumhochdrei)** & **Facebook (Forum³)!**