

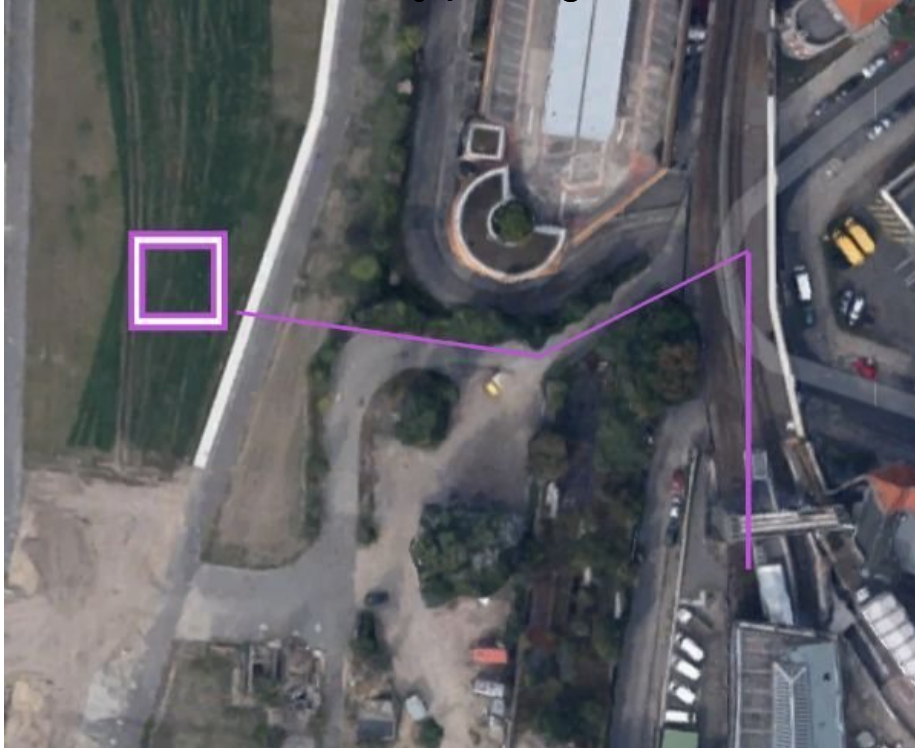
Mindful Urban Hike

Gleisdreieck to Potsdamer / Leipziger Platz

**Gerald Blomeyer, www.blomeyer.berlin
for University of Liechtenstein, Prof. Peter Droege**

Thursday 19.03.2015, 9 - 11 am

We start at Gleisdreieck park, 9 am
next to the multi storey parking



Mindful Urban Hike

Walking down a busy street requires direct attention to where I'm going, making sure I don't collide with anything. At the same time I tend to suppress all the noises, smells, and visual elements that could distract me.

There's no rush today, so we can practice seeing and sensing mindfully. Notice the colours, textures, patterns, brightness, and darkness of things around you, and smells. Or even just focus on one object near you. Pay attention to it. Be fully present to it. When you notice that you're thinking about something else, return to seeing it, and continue to observe it mindfully.

Getting started means SLOWING DOWN

Put your phone into airplane mode.

Decide not to talk to the others.

1. Be aware of your breathing

Is it regular or irregular, deep or shallow?

2. Be aware of your body

Feel your connection to the ground. Close your eyes and bend your knees slightly. Let your arms hang loosely. Relax your shoulders, head and face. Release any tension in the body with your outbreaths.

3. Be aware of your mind

To quieten your mind, be aware of its activity. Listen to its ramblings. What are the contents of your thoughts? Are some feelings more prevalent than others?

// Walking meditation is practicing meditation while walking. It can bring you joy and peace while you practice it. Take short steps in complete relaxation; go slowly with a smile on your lips, with your heart open to an experience of peace. You can feel truly at ease with yourself. Your steps can be those of the healthiest, most secure person on earth. All sorrows and worries can drop away while you are walking. To have peace of mind, to attain self-liberation, learn to walk in this way. It is not difficult. You can do it. Anyone can do it who has some degree of mindfulness and a true intention to be happy.

Thich Nhat Hanh

Route

Start 9 am, final review 10:30 am at Leipziger Platz



7 Leipziger Platz

6 Potsdamer Platz

5 Urban Park, Richard Rogers vs.
Giorgio Grassi

4 IBA O.M.Ungers

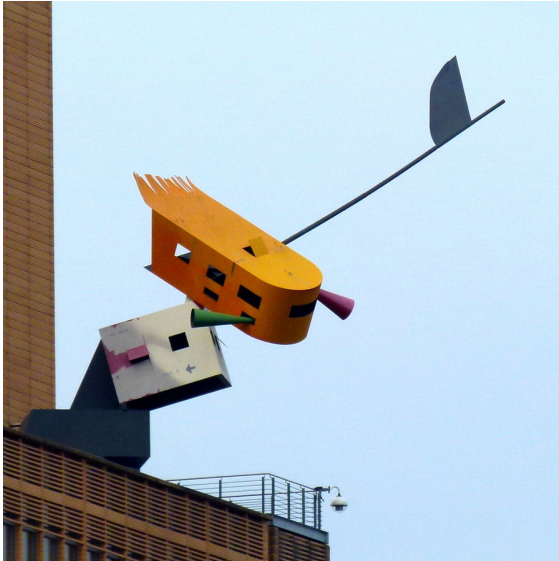
3 Student hostel 1978

2 Landwehr canal

1 Gleisdreieck Park



Spend time with details, feel into spaces, sense the layers of the past



Observe your thoughts, feelings, actions and what's happening around you.

Accept these experiences, whether good, bad or neutral.

Notice how your feelings and moods change in different situations:

park, water, street, different types of buildings and urban spaces.

Once you understand an impression, you can articulate it by taking a photo, sketching or writing a note.



You can share an impression at the final review at 10.30 am on Leipziger Platz, if you like.

"Landed" by Auke de Vries, Atrium Tower

"Brandenburg Gate" by Kani Alavi, Koethener/Bernburger Strasse, 2013

Friedrichstadt (1730) grid plan and three plazas as gates to the city



Pariser Platz (*square*), Unter den Linden

Leipziger Platz (*octagon*), Leipziger Strasse

Mehringplatz (*circle*), Friedrichstrasse

Dog's head: S-Bahn ring linking the terminals



Friedrichstadt

The former militarised border zone (red)



Leipziger Platz

War damage 1956, death zone 1965



1 Park Gleisdreieck

atelier-loidl, landscape architects



2 Landwehr Canal



3 Student hostel Hafenplatz



Walk along Hafenplatz and turn left to Dessauerstr. 13 and cross the courtyard of IBA Block 6 diagonally

<http://www.roofwaterfarm.com/en/block-6/>

4 IBA O.M. Ungers



5.1 Richard Rogers

Linkstrasse seen from Tilla-Durieux-Park



DS Landschapsarchitecten, Amsterdam



5.2 Giorgio Grassi

Park-Kolonnaden seen from Tilla-Durieux-Park



6 Renzo Piano, Hans Kollhoff, Helmut Jahn

Potsdamer Platz is the junction leading to Leipziger Platz



7 Leipziger Platz, Leipziger Strasse



Further types of urban spaces



Arkaden: covered street



SONY: covered plaza



Marlene Dietrich Platz



Alte Potsdamer Strasse



Kultur-Forum