



# Martin Aylward in Berlin 5-6 May, 2018

**Martin Aylward** has been guiding students and teaching awakening worldwide since 1999, offering a pragmatic and contemporary view of ancient eastern teachings, and pointing to freedom of being, here and now.

He spent 5 years living in various Buddhist monasteries and with Himalayan hermits in India. He is founding and guiding teacher of [Moulinde-Chaves.org](http://Moulinde-Chaves.org), his retreat centre in France, and the [mindfulnessinstitute](http://mindfulnessinstitute)

For more information, visit [MartinAylward.com](http://MartinAylward.com)

## The True Heart's Longing: Love, Wisdom and Freedom of Being

It is human nature to know a deep longing for depth, meaning and love. This weekend will explore the longing of the heart as a crucial resource for opening into greater depth, ease and skilfulness in meeting life's profound beauty and endless suffering.

Martin will guide meditations, discussion and inquiry exercises.

We will develop embodied presence, emotional healing and transformative wisdom as we explore, dialog, and practice together during the two days of the workshop.

**Location:**

**Lotos-Vihara**  
Neue Blumenstraße 5  
10179 Berlin (Mitte)

**Price:**

130€ / 110€ Erm.  
Option to pre-book  
lunch

**Time:**

5-6. May 2018  
10:00-13:00 &  
14:30-17:00

### **FRIDAY 4th May, 19:30 - 21:30** **Becoming more fully human**

We base our lives around pursuing happiness for ourselves and others. But how free are you in your own Mind? How well do you know yourself. Join Martin for an evening to explore wisdom and meditation, pointing to true freedom of being.

**Location: Bodhicharya: Kinzigstr. 25-29, 10247 Berlin**

**By Donation**

**Language:** English (German clarifications possible in the breaks)

**Registration and Questions:** Wiebke Pausch: [wipausch@gmail.com](mailto:wipausch@gmail.com)

In cooperation with [Buddhistische Akademie](http://BuddhistischeAkademie), [Wiebke Pausch](http://WiebkePausch) and [Yin Yoga Berlin](http://YinYogaBerlin)