



SATYA  
SATTVA  
- Studio -



## HeartMind Retreat

### 2-days Hridaya Hatha Yoga and Meditation Retreat with Adina

*“Fuse the powers of the sacred heart  
with the energies of the body,  
and you can transform everything.”  
(Pierre Teilhard de Chardin)*

#### **About Hridaya Yoga**

Hridaya Yoga, the Yoga of the Spiritual Heart, is a spiritual path whose purpose is the revelation of our True Self, Atman, or, as it is known in contemplative traditions, the Spiritual Heart. Hridaya Yoga is based on traditional spiritual principles and visions from classical yoga based on Patanjali's Yoga Sutras, Advaita Vedanta, Tantra, and Kashmiri Shaivism. They are further aligned with teachings from Sufism, Christianity, Buddhism, and Taoism. (Read more about Hridaya Yoga School: <http://hridaya-yoga.com/>)

#### **About Adina**

**Dr. Adina Riposan-Taylor (Saraswati Devi)**, the founder of Satya Sattva studio and study group, is life-time committed to self-development practice and study, such as Yoga and Meditation, Qigong and Tai Chi, philosophy and contemplative comparative studies in Buddhism, Hinduism, Shivaism, Sufism, Daoism, and Christianity, as well as self-inquiry and Transpersonal Psychology. Adina is 500-hr Hridaya Hatha Yoga Certified Teacher, and 200-hr IIQTC Certified Qigong and Tai Chi Teacher. (Read Adina's Bio: <http://www.satyasattva.com/adin-as-bio/> )

#### **About Satya Sattva Studio**

Satya Sattva is a Mind & Body wellness center, a spiritual and esoteric study group, and a school of thought. We provide classes and workshops in Qigong and Tai Chi, modern & traditional Yoga, Meditation, and philosophy teachings in Daoist, Buddhist, Hindu, Sufi, Shaivit, and Christian traditions. (Read more: <http://www.satyasattva.com/> )

*“Hridaya (Heart) is the Alpha and Omega” (Ramana Maharshi)  
“The only beauty that lasts is the beauty of the Heart.” (Rumi)*

For more information, visit Satya Sattva Studio  
<http://www.satyasattva.com/>

## Retreat Schedule

### Friday:

5:00 – 6:00 pm: Introduction in Hridaya Hatha Yoga & Meditation

7:00 – 9:00 pm: Get together, group introduction

### Saturday:

7:00 – 9:00 am: Hridaya Hatha Yoga session (Asanas teaching & guided practice)

10:00 – 11:00 am: Workshop 1 (Yoga and the Heart)

11:30 pm – 1:00 pm: Workshop 2 (Meditation of the Heart – teaching & practice)

4:00 – 6:00 pm: Workshop 3 – part 1 (Methods & tips for effective Meditation practice)

7:00 – 9:00 pm: Chanting & Meditation; Q&A

### Sunday:

7:00 – 9:00 am: Hridaya Hatha Yoga session (Asanas teaching & guided practice)

10:00 – 11:00 am: Workshop 4 (Yoga and the Breath)

11:30 pm – 1:00 pm: Workshop 5 (Pranayama teaching & practice)

4:00 – 5:00 pm: Workshop 3 – part 2 (Methods & tips for effective Meditation practice)

*Beginners welcome, no experience or practice prerequisites required.*

## Workshops Description

### Hridaya Hatha Yoga Workshop

In this workshop, we will study the fundamental principles of Hridaya Yoga and we'll introduce the practice of this profound esoteric Yoga system.

We start and end the Hatha Yoga practice reminding ourselves that **Yoga is ultimately a spiritual art**, and that the revelations which we may experience cannot be derived only from our personal effort alone, but primarily from that capacity to surrender or **let go of our individual limitations**.

Hridaya Hatha Yoga creates the condition for deep relaxation and for opening to realize the “transfiguration” of the body itself, while bringing *amazing purifications at the physical, psychological, and mental levels*. We learn how to awaken and become aware of *subtle energies, the chakra system, and kundalini* – allowing a profound psycho-mental regeneration.

During the practice of Hatha Yoga, the physical Asanas combine with Advaita, the vision of non-duality. Asanas are performed while holding the inner spiritual attitudes recommended in traditional texts of Tantra and Shaivism including Vijnana Bhairava Tantra, Spanda Karika, Shiva Sutra, etc.

*Read more about “Attitudes and Principles in Hridaya Hatha Yoga”:*

<http://www.satyasattva.com/hridaya-hatha-yoga/>

## Yoga and the Heart

- **Yoga in relation to the Cardiovascular System (2h)**

Presentation and discussion on the human *Anatomy & Physiology of the Heart*, analysing the relationships between health-related exercising – such as yoga – and the Cardiovascular System, and explaining how yoga may improve its functions and overall health and longevity. We'll discuss the relations between the *Brain and the Heart*, the *Energetics of the Heart*, the *Heart's Intuitive Intelligence*, expanding the Heart's connections, and the amazing benefits of *Creating Coherence* – the state that brings the mind, heart and emotions in perfect harmony, energetic alignment and cooperation.

- **Study and practice of the Meditation of the Heart (2h)**

A collection of Buddhist, Hindu, Sufi, Shaivit, and Christian methods of meditation and self-inquiry that build up a strong practice for awakening the *Spiritual Heart*, developing the body of light and pure sacred Spandic vibration. Unique integration of Advaita Vedanta, Sufism, Tantra, and Dzogchen, for accessing our real essential nature, the Supreme Self, Atman.

*“The greatest gift you can give humanity is Self-Revelation”*  
(Ramana Maharshi)

*“The world and man are one. And the Heart of Man and the Heart of the World are a single Heart.”* (Theodore Darel)

## Yoga and the Breath

- **Yoga in relation to the Respiratory System (2h)**

Presentation and discussion on the *Anatomy of Breathing*, the *Mechanics of Breathing*, and the influence yoga practice and breathing exercises can have on improving the breathing patterns, our overall health and vitality, well-being, equanimity and longevity. We'll discuss the *Science of Pranayama* – focusing on the breathing importance in Kryia Yoga, Kundalini Yoga, Swara Yoga, and Tantra Yoga, as well as *Breath and Love Making* – outlining benefits from health improvement to the increase in sexual compatibility between partners.

- **Pranayama training (2h)**

We'll start with simple beginners methods and we'll progress toward more advanced pranayama exercises – integrating breathing, mentalization and visualization. We'll discuss associated mudras, bandhas, and body postures that increase the efficiency of pranayama methods and can optimise our practice. We'll spend the last hour taking pranayama to the level of triggering superior states of consciousness – spiritual controlled altered states of consciousness that will be experienced with full awareness and witness attitude.

## Methods and Tips for Improving the Meditation Practice

- **Warm-ups, Stretching & Relaxation:**  
We will learn and practice several effective ways of stretching the body and settling into a state of relaxation, de-contraction and release of tension, important pre-requisites for effective meditation.
- **Proper Postures for Meditation:**  
*(“turning the body into a proper instrument for Self-realization”)*  
We’ll discuss a series of meditation postures that, by their complex physical, mental, spiritual and esoteric effects, have the higher capacity to trigger the meditative states, as well as to provide a still, steady, relaxed, and comfortable base for maintaining longer and grounded meditation sessions.
- **Mudras:** *(gestures and attitudes for re-directing prana)*  
We’ll study a series of gestures and attitudes that act as “anchors” for superior states of consciousness. We’ll discuss the effects and purposes of these mudras for channeling the prana and re-directing it in ways that deepen concentration and awareness.
- **Bandhas:** *(specific body locks)*  
We’ll combine mudras and bandhas for preparing, enhancing and optimising the meditative experience.
- **Favourable Moments for Meditation:**  
We’ll provide some recommendations for choosing the favourable moments that facilitate the meditative states, while progressing toward being able to meditate *anytime, anywhere.*
- **Dosha Awareness:**  
Ayurvedic advice for meditators to increase the joy and easiness in meditation according to their *dominant dosha.*
- **Overcoming Laxity & Excitement:**  
We’ll discuss methods for developing mindfulness, awareness, witness consciousness – the *vigilance* required for achieving success in meditation, by overcoming the *restless (rajasic) distractions* and the *lethargic (tamasic) distractions.* We’ll progress toward establishing the optimal mind states and emotional background that will allow meditation to become an enjoyable and permanent part of our lives.

*“The highest form of grace is silence” (Ramana Maharshi)*

*“People are scared to empty their minds fearing that they will be engulfed by the void. What they don’t realise is that their own mind is the void.”  
(Huang Po)*

*“When we raise ourselves through meditation to what unites us with the spirit, we quicken something within us that is eternal and unlimited by birth and death. Once we have experienced this eternal part in us, we can no longer doubt its existence. Meditation is thus the way to knowing and beholding the eternal, indestructible, essential center of our being.” (Rudolf Steiner)*

*“There is no real quest without grace, nor is there grace active for him who does not seek the Self” (Ramana Maharshi)*

*“The truth of Self cannot come from him who has not realized that he is Self. The intellect cannot reveal the Self beyond its duality of subject and object.” (Ramana Maharshi)*

*“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.” (Albert Einstein)*

*“The heart and brain appear to have access to fields of information not bound by the limits of time and space. This was my encoded way of scientifically explaining what others would call Spirit or Higher Self”  
Dr. Rollin McCraty  
Institute of Heart Math (Director of Research)*

*“Coherence is the state when the heart, mind and emotions are in energetic alignment and cooperation. It’s a state that builds resiliency - personal energy is accumulated, not wasted - leaving more energy to manifest intentions and harmonious outcomes.”  
Dr. Rollin McCraty  
Institute of Heart Math (Director of Research)*

*“As more of humanity practices heart-based living, it will qualify the ‘rite of passage’ into the next level of consciousness. Using our heart’s intuitive guidance will become common sense - based on practical intelligence.”  
(Doc Childre, Founder of HeartMath)*

*“Great ideas come from the Heart.” (Blaise Pascal)*

*“The only beauty that lasts is the beauty of the Heart.” (Rumi)*

*“The One you are looking for is the One who is looking”  
(St Francis of Assisi)*

*“What is all this love and all this laughter?  
It’s the joyous sound of a soul waking up.” (Hafiz)*

*“And  
For no reason  
I start skipping like a child.*

*And  
For no reason  
I turn into a leaf  
That is carried so high  
I kiss the Sun’s mouth  
And dissolve.*

*And  
For no reason  
A thousand birds  
Choose my head for a conference table,  
Start passing their  
Cups of wine  
And their wild songbooks all around.*

*And  
For every reason in existence  
I begin to eternally,  
To eternally laugh and love!  
When I turn into a leaf  
And start dancing,  
I run to kiss our beautiful Friend  
**And I dissolve in the Truth  
That I Am.”***

*(Hafiz)*

***May the sacred tremor of the heart enlighten your lives!***