



Hridaya Hatha Yoga And Meditation Workshop

August 1st, 2015, 10:00 am - 12:30 pm

Go Yoga Studio

www.goyogaamelia.com

2244 South 8th Street
Fernandina, FL 32034
904-335-0539

Hridaya Yoga School

<http://hridaya-yoga.com>

Satya Sattva Studio

www.satyasattva.com

We are pleased to announce our upcoming Hridaya Hatha Yoga and Meditation Workshop and classes with Adina (Saraswati Devi)

500-hr Hridaya Yoga and Meditation Certified Teacher

<http://hridaya-yoga.com/adina-riposan-taylor-saraswati-devi/>

Representative of the US branch of Hridaya Yoga School

<http://hridaya-yoga.com/international/branches/satya-sattva-amelia-island-usa/>



Dr. Adina Riposan-Taylor

*“Hridaya (Heart) is the
Alpha and Omega”
(Ramana Maharshi)*

Sign up for only \$30, or
\$20 if booked by July 15th

Go to: Workshops

www.GoYogaAmelia.com

Following this workshop:

Adina will further hold
weekly regular classes
of Hridaya Hatha Yoga

**Saturdays 10 - 11:30 am
August 8, 15, 22, 29**

For more
information:

Hridaya Yoga – Yoga of the Spiritual Heart

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 – including Vijnana Bhairava Tantra, Spanda Karika, Shiva Sutra, etc. Hridaya Hatha Yoga creates the condition for deep relaxation and for opening to realize the “transfiguration” of the body itself, while bringing purifications at the physical, psychological, and mental levels, allowing profound psycho-mental regeneration. 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, in a vision of non-duality.

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

Hridaya Meditation – Meditation of the Spiritual Heart

We’ll introduce 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 Spandic vibration. It is an unique integration of Advaita Vedanta, Sufism, Tantra, and Dzogchen, for accessing our real essential nature, an opportunity to reach deep states of consciousness, intense aspiration for the Divine, and highly focused interiorization for the awakening and blossoming of the soul, jivatman.

Dr. Adina Riposan-Taylor
904-613-8969