

Hridaya Hatha Yoga



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500-hr Hridaya Yoga and Meditation Certified Teacher

(23 years Meditation and 15 years Yoga experience)

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



*"Fuse the powers of the sacred heart with the energies of the body,
and you can transform everything."*

(Pierre Teilhard de Chardin)

"Hridaya (Heart) is the Alpha and Omega" (Ramana Maharshi)

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, allowing a 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.

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.

Adina's classes start at beginners level and progress toward more advanced methods for a grounded practice. No previous meditation or yoga experience is necessary.

Attitudes and Practical Principles in Hridaya Hatha Yoga:

- **Stillness:** Any dynamic exercise should dissolve into Stillness. The immobility of the body is a recalling of the fundamental stillness of our being.
- **Inner Asana:** We constantly keep the Inner Asana, thus settling ourselves into the Background of Stillness, our real nature; perceiving reality beyond the world of illusion, revealed through the pauses after inhalation and exhalation and the gaps between thoughts (*e.g., like the stillness and silence perceived between and beyond the drops of rain*).
- **Open Attention:** Staying aware of any kind of physical or subtle sensation, impression, energy stream, or chakra activation, keeping an impersonal attention free of attachments, expectations, imagination, fears, or prejudices, regarding what is perceived.
- **Witness Consciousness:** We remain a witness of our physical body and of the energies, we observe our thoughts, trends, patterns, while maintaining non-reactivity to them. The Witness Attitude should be kept during the entire session of hatha yoga.
- **"Who am I?":** Whenever we note that we have lost the Witness Attitude, by asking the question "Who am I?" we again acknowledge the Background of Stillness and Awareness – *guiding the "I am" back to the Source*.
- **Nirmana Kaya:** The transfigured physical body of a realized being. Developing (or re-discovering) a body that is freed from tension, memories of traumas, etc.
- **Sama Rasa:** A transfigured, divine physical body, a body charged with divine attributes, *"the body full of light"*. The body is perceived as being more and more *ethereal, full of light, love, bliss, freedom*. We reach the awareness of the divine nature of the physical body.