



SATYA  
SATTVA  
- Studio -



## Mind Master Retreat

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

*"The highest form of grace is silence" (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)*

#### **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/adinas-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/>)

*"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)*

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

## Retreat Schedule

### Day 1:

7:00 am – 8:00 am: Personal practice

9:00 am – 11:00 am: The Nervous System and Endocrine System in Relation to Yoga

11:00 am – 1:00 pm: Hridaya Hatha Yoga session (Asanas teaching & guided practice)

4:00 pm – 6:00 pm: Brain Waves in the Spiritual Practice

7:00 pm – 9:00 pm: Get together; Q&A

### Day 2:

7:00 am – 8:00 am: Personal practice

9:00 am – 11:00 am: Trataka and Phosphenism: Mind Practices

11:00 am – 1:00 pm: Hridaya Hatha Yoga session (Asanas teaching & practice)

4:00 pm – 6:00 pm: Advaya Taraka Upanishad and Thodgal Visions in the Dzogchen Tradition

6:00 pm – 7:00 pm: Dinner & Closing

## Workshops Description

### Hridaya Hatha Yoga sessions (Asanas teaching & practice)

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/>

## The Nervous System and Endocrine System in Relation to Yoga (2h)

- **Yoga in relation to the Nervous System**
  - Divisions of the Nervous System and their relevant relations to Yoga
  - Neurons and Functional Neuron Classifications
  - Neurotransmitters and their role in the body
- **Yoga in relation to the Endocrine System**
  - Glands and Hormones and their role in the body
  - Relevance of the Chakra System in relation to the Endocrine System
  - Chakras-Nadis-Glands-Organs inter-connections

## Brain Waves in the Spiritual Practice (2h)

- Correlation between brain activity and the states of consciousness we are experiencing: we will examine the way in which brain activity is related to different states of consciousness
- Categories of Brain States (cerebral activities), by frequency and amplitude criteria
- Physiological, psychic, and emotional effects, subtle and spiritual characteristics of each category of Brain Waves
- Meditation and the Brain Waves
- Ways to influence the Brain Activity
- Biofeedback: methods for recognizing and becoming aware of the different categories of Brain Waves experienced, for training the ability to modify one's own Brain Wave patterns, the body parameters and physiological processes at will, and gradually gaining control over them
- Peak Experiences vs. Plateau Experiences

*“The heart and brain appear to have access to fields of information not bound by the limits of time and space.”*

*(Dr. Rollin McCraty,  
Director of Research, Institute of Heart Math)*

*“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)*

## **Trataka and Phosphenism: Mind Practices (2h)**

- **Trataka Practice:**
  - Methods for developing concentration and spiritual consciousness; aid for progressing in meditation
  - Types of Trataka Practice and particular benefits
- **Phosphenes in the Spiritual Practice:**
  - Methods for transforming the energy of light into mind energy and increasing cerebral capacities
  - Bridging physical light and inner astral, spiritual light
  - Amplifying the sensation of light as a way in which the Pure Light of Awareness is perceived

## **Advaya Taraka Upanishad and Thodgal Visions in the Dzogchen Tradition (2h)**

- **Thodgal Practice:**
  - Significance and role of Thodgal Visions in the Dzogchen Tradition
  - The development of Thodgal Visions: natural real visions spontaneously developing in the Natural State
  - Methods using various sources of light (e.g., sunlight, moonlight, lamplight, crystals, etc.)
- **Advaya Taraka Upanishad:**
  - Târaka-yoga practice
  - Methods for the revelation of the mysterious spiritual light, “the Light of all lights”, the ultimate background of our being.

*“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)*