



# Hridaya Workshop

## *A 4-day Meditation Workshop Retreat for The Revelation of the Spiritual Heart*

September 22<sup>nd</sup> - 26<sup>th</sup>  
Wakefield, Ontario, Canada

### **SCHEDULE**

#### *1. Tuesday*

##### **Evening**

**7.30 – 9.30pm** Introductory lecture:

**Hridaya Yoga - Yoga of the Spiritual Heart; the metaphysical principles. The relationship between the mental void and pure existence**

**Meditation: Awareness with focus on the breathing process - "Capturing the Uncaught Mind".**

#### *2. Wednesday*

##### **Morning**

**7.00 - 8.00am** Guided meditation:

**Different inner experiences about thoughts, the gaps between them, the mind and witness consciousness; objectifying the Stillness.**

**8.10 - 9.00am** Meditation:

**Meditation for the revelation of the Spiritual Heart, atman**

**9.10 - 10.30am** Lecture:

**The Symbolism and significance of the Spiritual Heart; Yoga of the Spiritual Heart, an Advaita Vedânta way to practice Hatha Yoga – a new vision about the physical body (part 1).**

**10.30 - 11.30am** Hatha Yoga

**11.40 - 12.00pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman**

**12.00 - 3.00pm** Break for lunch

### Afternoon

**3.00 - 4.30pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman (it will include some guided meditations)**

**4.40 – 6.00pm** Meditation:  
**Walking meditation: The blossoming of the lotuses under our feet.**

**6.00 - 7.30pm** Break for dinner

### Evening

**7.30 - 9.00pm** Special daily meditation:  
**The Self-inquiry method "Who am I?" of Ramana Maharshi for the revelation of the Spiritual Heart, atman.** (This meditation will be preceded by a lecture presenting the topic.)

**9.00 - 9.20pm** Q&A

**9.20 – 9.37pm** Meditation:  
**The meditation for inducing the consciousness of the Spiritual Heart in the daily life**

## ***3. Thursday***

### Morning

**7.00 - 8.00am** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman**

**8.10 - 9.00am** Meditation:  
**"Blowing upon the amber of the Heart"**

**9.10 - 10.30am** Lecture:  
**Spanda, the sacred tremor of the Heart; Yoga of the Spiritual Heart, an Advaita Vedanta way to practice Hatha Yoga (part 2); the inner asana**

**10.30 - 11.30am** Hatha Yoga

**11.40 - 12.00pm** Meditation:

**A journey in pure awareness: The Mantra and the Void**

**12.00 – 3.00pm** Break for lunch

### Afternoon

**3.00 – 3.45pm** Meditation:

**Walking meditation: The blossoming of the lotuses under our feet**

**4.00 - 6.00pm** Meditation:

**Meditation for the revelation of the Spiritual Heart, atman. (It will include some guided meditations)**

**6.00 - 7.30pm** Break for dinner

### Evening

**7.30 - 9.00pm** Special daily meditation:

**Sâkshin - The Witness Consciousness** (This meditation will be preceded by a lecture presenting the topic.)

**9.00 - 9.20pm** Q&A

**9.20 – 9.30pm** Meditation:

**The meditation for inducing the consciousness of the Spiritual Heart in the daily life**

## ***4. Friday***

### Morning

**7.00 - 8.00am** Meditation:

**Awareness with focus on the breathing process - "Capturing the Uncaught Mind"; about the content and the quality of the mind**

**8.10 - 9.00am** Meditation:

**Meditation for the revelation of the Spiritual Heart, atman**

**9.10 - 10.30am** Lecture:

**The four stages of the meditation for the revelation of the Spiritual Heart**

**10.30 - 11.30am** Hatha Yoga

**11.40 - 12.00pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman**

**12.00 - 3.00pm** Break for lunch

### Afternoon

**3.00 – 3.30pm** Meditation:  
**Walking meditation: The blossoming of the lotuses under our feet**

**3.40 – 6.00pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman (it will include some guided meditations)**

**6.00 - 7.30pm** Break for dinner

### Evening

**7.30 - 9.00pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman, following the four stages of the meditation. (It will be preceded by a lecture about Surrender and the dissolution of the individual consciousness)**

**9.00 - 9.20pm** Q&A

**9.20 – 9.30pm** Meditation:  
**The meditation for inducing the consciousness of the Spiritual Heart in the daily life**

## ***5. Saturday***

### Morning

**7.00 - 8.00am** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman**

**8.10 - 9.00am** Guided meditation:  
**"Blowing upon the amber of the Heart"**

**9.10 - 10.30am** Lecture:

**Expansion of the moments of Self-centering in everyday life; how the sensations can become impersonal; revelation of the consciousness of Unity; Sahaja - the state of Naturalness.**

**10.30 - 11.30am** Hatha Yoga

**11.40 - 12.00pm** Meditation:  
**The method of resorption of the 'I' thought toward its source**

**12.00 - 1.30pm** Break for lunch

**Afternoon**

**1.30 – 2.00pm** Lecture:  
**Love-awareness – an endless celebration**

**2.10 - 4.30pm** Meditation:  
**Meditation for the revelation of the Spiritual Heart, atman, (following the four stages of this meditation)**

**4.30 - 5.30pm** Concluding remarks, participants share their experience