



Mind of Śiva

Meditation Retreat
Abiding in Space of Being

March 5 - 10 • Bussang, France 2021





Meditation cuts to the bone. It is the surest and fastest way to realize our True Nature, to learn to abide in that sweetest of nectars. But how?... There are so many ways to meditate. There are countless meditation techniques, and they are all good – at the right time in our development.

But what is most often missing today in the teaching of meditation as a liberation technology is the broad view of the entire path of meditation. Students learn some techniques like mindfulness, vipasana or mantra repetition, but these practices are not properly contextualized within the greater path. And often they are positioned as a complete “path within a practice” in themselves, which is not correct. All meditation techniques lie along a vast continuum of practices meant to take the student from a state of ignorance to the non-dual bliss of their own True Nature.

The “Way of Meditation” is the branch of Trika Mahāsiddha Yoga that is dedicated to presenting the entire path of meditation that takes the student, step-by-step, from rank beginner to full realization. The Way of Meditation takes the mystery out of this exalted and wondrous path by teaching all aspects in their proper sequence:

- Preliminary Teachings and Practices
- Foundational Teachings and Practices
- 4 Levels of Meditation Methods laid out in a progressive sequence to work through.
- The Body of Light Practices

Daily Training:

- **4 Formal Sessions of Meditation Practice**
- **1 Session of View Teachings on Meditation** - *Drawing from Śiva Sutras, Hatha Yoga Pradipika, Chuang Tse, Dao De Jing, etc.*
- **1 Question & Answer Session**

In the Mind of Śiva Retreat students learn the entire breadth of the Way of Meditation in 7 days. Teachings and Practice sessions give the experiential learning you need to truly go deeper into your existing meditation practice, or to begin the practice of meditation for the first time.

In 4 meditation sessions per day you will progressively explore a variety of techniques from each of the four levels of the Way of Meditation. The techniques will be drawn from these two overarching categories of meditation:

- *Sapeksha Dhyanam* – Sanskrit for “meditation with form”. These meditations will give the mind and energy something to focus on so as to create more and more refined states of consciousness which can lead to the realized state.
- *Nirapeksha Dhyanam* – Sanskrit for “meditation without form”. This is classical non-conceptual meditation.

Together, these two categories form the Śakti /Energy and Śiva/Space of our True Nature accessible through our mind. Learning to effortlessly abide in your natural state, without being distracted by discursive thoughts and emotions is the goal of this retreat. Once learned, the experience of abiding in your True Nature can be invoked when off of the meditation cushion as well as on. This is called Integration Meditation Training, and this will form an important aspect of the retreat as well.



Retreat Schedule:

6:30 - 7:00 - Light Retreat Yoga [special type of pre-meditation yoga]

7:00 - 7:45am - Meditation

8:00 - 8:30 - Breakfast

8:30 - 10:00 - Teaching

10:00 - 11:00 - Meditation

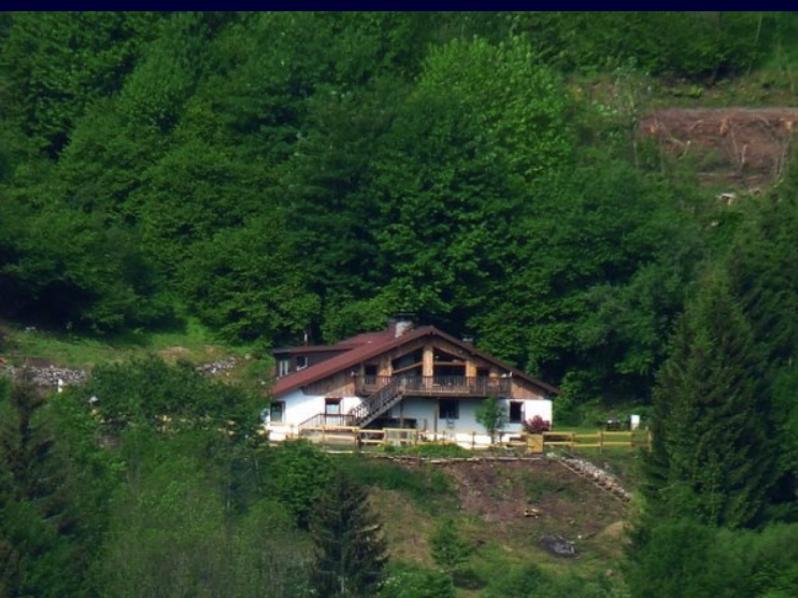
11:00 - 1:00 - Lunch & Rest

1:00 - 2:30 - Teaching

2:30 - 3:15 - Meditation

3:15 - 4:00 - Q&A

4:00 - 5:00 - Meditation

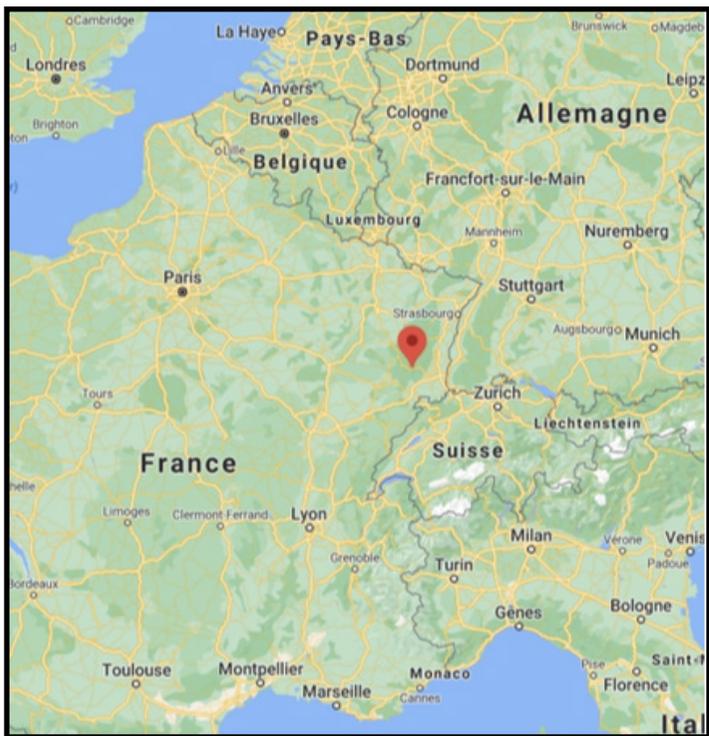


About the Retreat Center:

The farm is situated in Bussang (northeast France). It has a Yoga hall and 4 independent rooms (12 beds) with separate bathrooms. Other accommodations are available in nearby guesthouses. There is a beautiful panorama, spring water, homemade organic food and a nearby spa with sauna, jacuzzi, etc...



Getting to the Retreat Center:



From the Paris airport > 3h train > Remiremont > Lift to the cottage

From the Bâle airport > 1h15 transfer by car

From Rotterdam > 6h train > Remiremont > Lift to the cottage

All lifts from/to airport or train station can be arranged on request.

Intro night & dinner > March 5th

Course Fee:

860 € (*Early Bird Discount: 800 € if you register before Feb 1st*)

- Includes registration fee, all meals (vegetarian or keto option) + 5 night accommodation.

760 € (*For participants attending Atmaśakti in Rotterdam*)

- Includes registration fee, all meals (vegetarian or keto option) + 5 night accommodation.

600 € (*Non-Accommodation Fee*)

- Includes registration fee & March 5th dinner and lunch each day (vegetarian or keto option)

For inquiries or to register contact Elodie (Atma Yoga)
elovg@hotmail.com

About Dharma Bodhi

Dharma Bodhi (Kol Martens) began practicing yoga at age seven, and in his teens moved into practices of Chan Buddhism and Daoism. He then went on to study non-dual Śaivite yoga and completed Acarya training in 1996 under his Śaiva Gurus with an emphasis in Kuṇḍalinī Hatha Yoga. Since completing Śaiva training, he has been studying and practicing Tibetan Dzogchen meditation and yoga. Settled in Costa Rica, Dharma Bodhi and his wife Sukhalaya dedicate their time to raising their family, personal practice and teaching the Oral-Practice Tradition of the Mahāsiddhas to small groups of students.

