



IAM[®] MEDITATION CLASS

THE IAM – INTEGRATED AMRITA MEDITATION TECHNIQUE[®] IS A POWERFUL WAY TO RECONNECT WITH OUR REAL CENTER, OUR INNER SELF, AND THEREBY EXPERIENCE TRUE JOY AND PEACE IN LIFE. BORN OUT OF AMMA'S DIVINE INSPIRATION, WHEN PRACTICED WITH DEDICATION, IAM IS DESIGNED TO BRING ABOUT INTEGRATION IN OUR LIVES – AN INTEGRATION OF BODY, MIND, INTELLECT, AND HEART; AN INTEGRATION OF OUR TRUE SELF WITH GOD.

date : sunday, july 28
time : 10 am to 5 pm
venue - ma center chicago
41w501 keslinger road
elburn, il 60119

for more information:

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<http://chicago.amma.org>



pre-registration is required. donation to cover costs - \$20 on or before july 15, \$25 after july 15.
please help us manage logistics by registering early.