



AMMA

SUMMER 2017 RETREAT INFORMATION



Amma's Darshan

Amma's embrace "...allows (people) to experience true, unconditional love. When Amma holds someone it can help to awaken the dormant spiritual energy within them, which will eventually take them to the ultimate goal of Self-realization."

Today thousands upon thousands attend Amma's programs around the world in order to receive her blessings and wisdom as she shares her inspiration with seekers of every kind. Amma spends her days and nights offering darshan, or spiritual blessings in the form of a hug. Over 32 million people throughout the world have received her darshan.

RETREAT DAYS

Each morning of the retreat begins at 7:30am with a half hour guided meditation led by one of Amma's senior disciples. In their gentle and relaxed manner, they suggest ways to deepen our meditation practice.

Following the meditation and breakfast, Swami Amritaswarupananda gives a class. These classes offer a unique opportunity to learn more about Amma's teachings from someone who has lived in her presence for several decades. The classes are interspersed with wonderful personal anecdotes and stories.



received from a Mahatma is considered prasad, which means that it is infused with Amma's grace and blessing.

On the evening of the second retreat day, Amma leads a meditation for all the retreatants. Whenever possible (weather and location permitting), the meditation is held outdoors. Following the meditation, Amma holds a special Question and Answer session. This is an opportunity to ask Amma about our spiritual practices or whatever is on our minds.

After the evening meditation described above, Amma serves each of us dinner. A meal

IAM - INTEGRATED AMRITA MEDITATION TECHNIQUE®

A course in the IAM - Integrated Amrita Meditation Technique® will be available during the retreat for those interested.

Born out of Amma's resolve for the spiritual enhancement of her children, this meditation technique helps to channel our energies, so that we can tap into the unexplored realms of our consciousness. It helps one to relax both physically and mentally, which leads to a more tension-free life.

These courses are available as a part of all the retreats, with no additional fee for those who are interested. A refresher will also be offered for those who have already completed the IAM meditation course. Please register to participate in the meditation course or refresher when you register for the retreat if interested.

The **IAM for Youth** meditation technique, which was created by Amma especially for young people, will also be available during the retreat.

Classes will be offered for two age groups: 10-14 year olds and 15-18* year olds.

The course will last approximately 2½ hours - the schedule will only be available at the IAM Table.

Parents must sign a permission form, which can be obtained at the IAM Table.

For more information, please visit the table in the program hall or email: iam@amma.org.

Please pre-register and submit the permission form before the class.

*18 year olds do not need a permission form and have the option of taking this or the regular course.

Times for the IAM course will be available when you check in for the retreat.

RETREAT SCHEDULE

FIRST DAY	
Retreat Check In Begins (continues throughout the evening program)	3:00pm
Dinner	6:00pm or 10:30pm
Orientation	7:30pm
Bhajans (devotional singing) followed by Darshan	8:00pm
SECOND DAY	
Gentle Morning Yoga *	6:15am - 7:15am
Guided meditation, breakfast, class with Swamiji	7:30am - 10:00am
Darshan	10:00am - 2:00pm
Lunch	12:30pm - 3:00pm
Video of morning class with Swamiji	10 minutes after Amma leaves the hall
Bhajan Class	5:15pm
Meditation with Amma followed by Q&A	6:30pm
Dinner served by Amma	8:00pm
Satsang and Bhajans followed by Darshan (darshan only for those who did not receive in the morning)	9:00pm
THIRD DAY	
Gentle Morning Yoga *	6:15am - 7:15am
Guided meditation, breakfast, class with Swamiji	7:30am - 10:00am
Darshan	10:00am - 2:00pm
Lunch	12:30pm - 3:00pm
Video of morning class with Swamiji	10 minutes after Amma leaves the hall
Atma Puja (ceremony for world peace)	7:00pm
Dinner begins	8:30pm
Devi Bhava Darshan	9:00pm

* Gentle Morning Yoga will not be offered at the MA Center retreat.



SUMMER RETREATS WITH AMMA

HOW TO REGISTER FOR RETREATS



3 Easy Registration Options:

1. **ONLINE** (VISA or MasterCard required)
Register online at: www.amma.org
2. **FAX** (VISA or MasterCard required)
You can print the registration form at the end of this brochure (pages 12 and 13) and fax your completed form including payment information to: 510-217-2286.
3. **MAIL** (VISA, MasterCard, check or money order required)
You can print the registration form from the end of this brochure (pages 12 and 13) and mail your completed form including payment information to:

M. A. Center Retreat Office
PO Box 613
San Ramon, CA 94583

IMPORTANT REMINDER!!!

MAILED REGISTRATION SHOULD BE MAILED

EARLY ENOUGH TO REACH US BEFORE

JUNE 5TH

IN ORDER FOR US TO RECEIVE

AND PROCESS BEFORE WE LEAVE SAN RAMON

Confirmations

If you want a confirmation mailed to you, please provide a self-addressed stamped envelope. Otherwise we will email all confirmations.

Receiving Emails from Us

Acknowledgment and confirmation emails will be sent from retreats@amma.org

Please add this address to your address book so that you can receive these important emails. Some providers have a Spam Guard feature that sometimes blocks our emails. In that case, you will need to add this address to your safe sender list to allow you to receive these important emails.



SUMMER RETREATS WITH AMMA

SANTE FE, NEW MEXICO



June 13 - 15, 2017

Hilton Buffalo Thunder Resort

20 Buffalo Thunder Trail
Santa Fe, NM 87506

The Hilton Buffalo Thunder Resort is the site for both the Public Programs and the Retreat. Situated under the picturesque Sangre de Cristo Mountains, Hilton Santa Fe Buffalo Thunder is only 15 minutes from downtown Santa Fe, and about an hour and twenty minutes from Albuquerque International (ABQ) Airport. Buffalo Thunder commands spectacular views of the breathtaking, high-desert scenery of the Pojuaque valley and serves as a gateway to the extraordinary world of northern New Mexico. Enjoy all the hotel facilities including the Wo' P'In Spa, fitness room, and indoor and outdoor pools. The amazing beauty, ancient cultures, and warm hospitality of New Mexico provide an atmosphere conducive to relaxing and absorbing Amma's presence.

This retreat will be held on Tuesday, June 13 * Wednesday, June 14 * Thursday, June 15

Retreat Registration Options:

Two options are available for the retreat:

“With Accommodations” or **“Without Accommodations”**

Meals are included with both options. Please indicate your choice on the registration form.

Option One: With Accommodations

Lodging will be provided at the Hilton Buffalo Thunder Resort. The Hilton is a non-smoking hotel, which means that only non-smoking rooms are available.

Important Note: if you bring more than the agreed upon maximum of 4, the hotel will charge you directly for extra people in your room.

Registration Fee includes double occupancy lodging for Tuesday and Wednesday nights **ONLY**. A double occupancy room will have 2 double beds or king bed and a rollaway, as available at time of room allocation.

Note: We can also include your hotel reservations for the Public Program nights when registering for the Retreat!

Read about this service below under *****Public Program Accommodations*****

With Accommodations Categories:

Single: For an additional fee, you will have a private room to yourself. You will be assigned a room with a king bed.

Roommate Needed: You will be assigned a roommate of the same sex if you make this selection. Your room will have 2 double beds or king bed and a rollaway, as available at time of room allocation. Your retreat fee will include the cost for your share of the room.

***** ROOMMATE NEEDED CATEGORY AGREEMENT *****

By choosing the Roommate Needed option, you are requesting that we assign you a roommate of the same gender for all the days you have requested.

You acknowledge and agree that you are NOT allowed to invite anyone (including friends and/or family members) to stay in the room.

If you violate this agreement, you will be required to vacate the room and you will still be held liable for the full amount of your portion of the room cost.

You do have choices - If you would like to have the option to invite friends and/or family members into your room, please choose the Single Room option, the Roommate Selected option or the Group option when registering for this retreat.

Important considerations for Roommate Needed Category

We will not take roommate requests if you register under this category (please choose **Roommate Selected** if you want that option).

You will be assigned a roommate for all of the nights you register for, not just the retreat nights if you choose this option. You will be charged only for your half of the extra room nights and your roommate will be charged the other half.

You may be required to change rooms on the first day of the retreat if you have requested additional rooms prior to the retreat and we were unable to match you with a roommate.

Please be aware that some people snore or have habits that may not match yours. If this matters to you, you should consider finding your own roommate to register with (Roommate Selected) or selecting a Single room. **We cannot make roommate changes.**

Similarly, please consider finding your own roommate to register with or a single room if you know that you may disturb others.

Roommate Selected: You and your roommate must register for the same nights and on the same registration form in order for us to put you together. Your room will have 2 double beds or a king bed with a rollaway, as available at the time of room allocation. We cannot take two separate payments for this option if you register online.

Couples: You and your partner must register for the same nights and on the same registration form in order for us to put you together. Your room will have one king bed or 2 double beds, as available at the time of room allocation. We cannot take two separate payments for this option if you register online.

Family: You and your family members must register for the same nights and on the same registration form in order for us to put you together. Your room will have 2 double beds or king bed and a rollaway, as available at the time of room allocation. We cannot take separate payments for this option if you register online.

Group: A group of 3 or 4 friends must register **for the same nights and on the same registration form** in order for us to put you together. Your room will have 2 double beds or king bed and a rollaway, as available at time of room allocation. We cannot take separate payments for this option if you register online.

Discounts: Families/Groups up to 4 people **must register together on the same form** and plan to stay together in one room **for the same nights** in order to get the discount. Two adults will be charged the With Accommodation fee; other roommates will be charged the Without Accommodation fee.

*****Public Program Nights Accommodations*****

For those of you registering for the retreat **“With Accommodations”**, M.A. Center can take your reservation for the Public Program nights, including Devi Bhava!

When registering, simply select your check-in date and checkout date from the drop down menus. **These must be consecutive nights that are contiguous with the two retreat nights.** When registering in this way, the hotel cost for these additional public program nights is \$160 per night, per room. Additional nights contiguous to the retreat include nights before the retreat: (June 11, 12) and/or Devi Bhava night (June 15) at the end of the retreat.

How To Select Your Dates When Registering Online:

You will select your check-in and checkout dates from a **drop down menu**. If you want only the two retreat nights (June 13 and 14), choose June 13 as your check-in date, and June 15 as your checkout date. If you want to add June 15 (Devi Bhava night), please select June 16 as your checkout date. Similarly, if you want to add any days prior to the retreat nights, make your choice by selecting your desired check-in date using the drop down menu.

Payments: Online retreat registration only accepts one credit card for the total cost of your registration. Some of you who are registering to share a room with family or friends may want to charge your own credit card for just your portion of the retreat fee. In this case, you may print out the registration form, provide two or more credit card numbers (including expiration dates, names on the cards and required signatures), then fax or mail the form. Everyone sharing a room must be on the same registration form.

Important Reminder: The hotels have informed us that you **must use your legal name** (not your spiritual name) when booking accommodations. So, when registering with M.A. Center for a retreat, please be sure to give your legal name. The hotels require this in order to comply with Fire Code laws and **will check that the name on your reservation matches your identification.**

Smoking or Non-Smoking Rooms: The Hilton Buffalo Thunder Resort is a non-smoking hotel, which means that only non smoking rooms are available.

Possible Scenarios for Registering “With Accommodations”

1. Occasionally a couple or 2 friends select “With Accommodations” for the retreat but only one person needs a room during the public program days. If this is the case, simply choose the days needed for the person staying the extra days. The non-retreat night charge will be listed separately for you to see the breakdown. Even if one of you is planning to stay for fewer nights than the other, you still need to pay the complete rate for the room for each night. The M.A. Center will not provide you with another roommate for the nights you choose to stay as a single.
2. You want to share a room with one friend for the retreat and a different friend for the public program nights. You will need to register with the friend that you will share with during the retreat and select the additional nights you would like (see #1 above). You can always invite your other friend to stay for those public program nights but they will not be added to our rooming list and must vacate for the retreat nights.
3. You want to register and share a room with your friend but he/she is not ready to commit to the retreat. You don't want to wait, but under the new system you have to register together in order to share a room. What should you do?

Your options are:

- a. Register as **Roommate Needed** and we will match you with another person.
 - b. Wait for your friend and then register together as **Roommate Selected**.
 - c. Register for **Single** if this is the option you would choose if your friend doesn't attend. Then you can invite him/her to stay with you if they do register at a later time. If you choose this option, your friend should simply register “Without Accommodations” as they will not be added to the rooming list. Also note that you will be in a single room that will probably be a king room. You may request a rollway from the hotel if this is the case, which may include an additional fee to be paid by you directly to the hotel.
4. You and your friend want to register as Roommate Selected but want to pay separately, not on the same credit card. You can print the registration form, provide two credit card numbers (including expiration dates, name(s) on the cards and required signatures), then fax or mail to us. Please be sure to use only one form.
 5. You want a room for the first night of the public programs, but it is not contiguous to (directly before or after) the retreat nights. You will need to reserve this room directly with the hotel. There is a block of rooms set aside for those who need rooms for only these nights, not the retreat nights. This block is called “**Amma** ”. Be sure to ask for this specifically.

Cancellation what if:

What if you registered as Roommate Selected or Couple but one of you needs to cancel (and one will still attend) before the cancellation deadline?

On your cancellation notice let us know if we should assign the one still attending the retreat a random roommate of the same sex to share your room or upgrade you to a single room. Your selection will affect the amount that will be refunded for the cancellation, (a single room costs more than a shared room – see Retreat Fees and also Cancellations for more info).

If the person attending the retreat chooses to share with a random roommate, we will make every attempt to assign one to you but cannot guarantee this especially as we get closer to the retreat. If we cannot fill the space or it is past the hotel cancellation deadline, it will be considered a single room and the refund will be adjusted accordingly.

Option Two: Without Accommodations

Make this selection when registering if you have arranged for your own accommodations elsewhere.

Unaccompanied Minors

Children 17 and under who attend a retreat without their parents **MUST** provide a signed “Temporary Legal Guardianship” form, available at www.amma.org/guardian. Please be sure to include this form with his/her registration form since we cannot process the registration without it. Also, if choosing the With Accommodations option, the child and guardian must stay together.

Youth Programs and Conduct

Programs: We are pleased to provide programs for young people ages 4-18. Separate programs are available for younger children ages 4-8 and pre-Teens ages 9-12. There are many volunteer opportunities for pre-teens and teens, in addition to late night teen program hours. All children are invited to attend these programs.

Parent Volunteers: Like everything else at Amma's Programs, the Children's, Pre-teen, and Teen Programs are run entirely by volunteers. It is **Amma's specific request** that every parent, whose child participates, will volunteer to help in some way. Please plan to volunteer at least once during the Retreat. Information about Youth Programs will be available at Registration Check-In and during Programs in the Children's Program room. We understand that this may not always be possible for everyone, and we welcome donations of snacks and art supplies in lieu of seva shifts.

Young Children: Parents are requested to register their children and pre-teens before dropping them off. Parents with children younger than 3 may also spend time in the children's room or watch Amma on the big screen TV in the dining hall. If your child is noisy during the meditation in the morning or during the evening meditation and satsang, we respectfully request that you visit the Dining area or the Children's program room. There is usually a TV setup in the dining area so you can continue to watch the program with your child.

Important Reminders

Children and pre-teens under 13 must be with a parent at all times or in the Children's Program. However, pre-teens can go to the dining hall or snack shop areas without a parent and they can help out by doing seva on their own. Parents need to know where their children are at all times.

Please watch your children carefully. Hotel guidelines state that children under age 18 are not allowed to be in the pool, lobby, weight room, parking areas, hallways or elevators without a responsible adult.

Payment:

Full payment must be received in order to process your registration.

- You can only pay with Visa or Master Card if you are registering by fax or online
- You can pay with Visa, Master Card, check or money order if you are registering by mail.
- Check or money order must be in U.S. dollars and drawn on a U.S. bank.
- There is a \$25 fee for returned checks.
- Please make all payments to: "M.A. Center"

Registration fees increase \$40 per person at midnight on **June 11th**, so please be sure to register before that time to get the reduced rates.

We are sorry, but no work exchange is available. Everyone gets to participate in doing Seva (selfless service) as part of his or her retreat experience!

Cancellations and Changes:

Cancellations must be made in writing and received no later than 48 hours prior to the retreat. Fax: 510-217-2286 or email: retreats@amma.org. We will respond to you with a cancellation acknowledgement.

Please note the following:

- There will be a \$35 per person retreat cancellation fee.
- All changes from **"With Accommodations"** to **"Without Accommodations"** will be charged a \$10 fee per registration.
- No refunds will be made if canceling after the 48-hour deadline.
- Credit card refunds can only be made to the account charged for the original registration.
- Transferring between retreats is treated as a cancellation and requires that you pay the \$35 fee.
- The hotel will not refund the accommodations charges after **May 31st**.
- If we have to pay for your hotel room we will not be able to refund that portion of your registration fee, even if you cancel before the 48-hour deadline.
- Any remaining balance after these charges will be refunded.
- No refund of any portion of the registration fee is available for late arrivals or early departures.

***** Once you have booked your reservations through MA Center, any issues regarding payment for your room need to be directed to MA Center and not the hotel. The hotel is not authorized to refund any portion of your lodging. No refunds or changes can be made without the prior approval of the M.A. Center Retreat Office. *****

Hotel Cancellation Deadlines:

The hotel cancellation deadline is **May 31st**. The hotel portion of your registration will not be refunded if you cancel after this date. This includes any additional nights you have requested.

Hotel Parking

There is plenty of parking space at the hotel. Self-parking is complimentary.

Airport Transportation:

There is a choice of two airports, the Albuquerque International Sunport or the Santa Fe Municipal County Airport.

Shuttle Service: Airport shuttle service may be arranged through the **Road Runner Shuttle Service** offering a special rate for the **Amma** Program for:

Albuquerque (ABQ): Shared Ride Shuttle: \$60 One Way / \$120 Round Trip Shuttle service based on reservations and only available between 7:00am to 7:00pm.

Private Ride: \$160.82 One Way for up to (3) people w/ additional at \$20 each (\$40 premium hours fee between 9:00pm - 6:00am). **Available 24 hours daily.**

Santa Fe (SAF): Shared Ride Shuttle: \$40.00 One Way / \$80.00 Round Trip 8am to 6pm -- Between 6:00pm & 8:00am after hours' fees apply of \$5.00 (6pm - 11pm & 6am - 8am) and \$10 (11pm to 6am).

Private Ride: \$92.73 One Way for up to (2) people with additional at \$20 each (\$25 premium hours' fee 8:00pm - 8:00am). **Available 24 hours daily.**

Please make reservations in advance: Phone: 505-424 3367 Web: RideRoadRunner.com

Taxi service from the Albuquerque Airport is available from **ABQ Taxi** for \$125 one-way (for up to 4 people/car). The contact number is 505-307-9209. PLEASE NOTE it is important to confirm this rate when you get in the taxi before departing from the airport, please have this document to show the driver proof of rate.

Taxi service from the Santa Fe Airport is available from **Los Alamos Taxi** for \$65 for one passenger and \$40/person (for 2 or more people). For groups of 6 or more traveling together special rates can be negotiated so please contact the Los Alamos Taxi service directly at 505-250-8943.

Fees:

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON JUNE 11 TH		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$435	\$270
Teens 13-17	\$365	\$200
Ages 6-12	\$320	\$155
5 and under	\$220	\$50
Single Occupancy Adult (2 nights)	\$600	

STANDARD RETREAT FEES - AFTER MIDNIGHT ON JUNE 11 TH		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$475	\$310
Teens 13-17	\$405	\$240
Ages 6-12	\$360	\$195
5 and under	\$220	\$50
Single Occupancy Adult (2 nights)	\$640	

Note: The Early Registration Fees increase by \$40 per person at midnight on **June 11th**, so please be sure to register before then to get the reduced rates.

Note: If registering through MA Center, the hotel room cost for the public program nights is \$160 per night, per room.



New Mexico Retreat
June 13 - 15, 2017
Tuesday, Wednesday, Thursday

Office use only
Ck #: _____
Rec'd: _____
Conf Sent: _____

PLEASE PRINT CLEARLY

LEGAL NAME: _____
First Last

ADDRESS: _____
Street
_____ City State Zip

PHONE: _____ **EMAIL:** _____
Cell Home

DETAILS FOR THOSE ATTENDING RETREAT:

ACCOMMODATION STATUS: **NEED ROOMMATE**
 COUPLE FAMILY GROUP ROOMMATE SELECTED SINGLE ROOM WITHOUT ACCOMMODATION
 I HAVE READ AND AGREE TO THE ATTACHED ROOMMATE NEEDED POLICY

Check-in dates available: Sun-11, Mon-12 or Tue-13 **Checkout dates available:** Thu-15 or Fri-16

The two retreat nights of June 13 and 14 are **included in the With Accommodations fee**. Additional nights are \$160 per room, per night. For example: if you are requesting Mon, June 12 Check-in and Fri, June 16 Checkout, the number of extra nights would be 2 (June 12 and 15), (June 13 and 14 are the retreat nights). You would then multiply 2 times \$160 and add that total to one of the retreatant's Extra Night Total box. If you are registering as Need Roommate status, you would only enter half of the extra nights fee since your roommate will be charged for the other half (see brochure for important details on this category).

List Legal Names of All Registrants (First, Last)	Age	Gender M/F	Without Accommodations	With Accommodations	Check-in Date	Checkout Date	# of Extra Nights	Extra Night Total	Totals
1.			\$	\$				\$	\$
2.			\$	\$				\$	\$
3.			\$	\$				\$	\$
4.			\$	\$				\$	\$

PAYMENT: VISA MC CHECK MONEY ORDER

Total Paid \$ _____

CARD NUMBER: _____ **EXP DATE:** _____ / _____

NAME ON CARD: _____ **SIGNATURE:** _____

PAYMENT: VISA MC CHECK MONEY ORDER

CARD NUMBER: _____ **EXP DATE:** _____ / _____

NAME ON CARD: _____ **SIGNATURE:** _____

PLEASE MAKE ALL CHECKS AND MONEY ORDERS PAYABLE TO MA CENTER IN US DOLLARS AND DRAWN ON A US BANK.

Integrated Amrita Meditation® (IAM): Please add names of all those that would like to participate in the **(IAM) Course** or the **(IAM) Refresher**.

IAM COURSE: NAMES: _____ **IAM REFRESHER:** NAMES: _____

RETREAT SEVA

Amma asks everyone to participate in seva to get the full retreat experience. You will be assigned around two hours of seva per retreat. Seva is the Sanskrit word for selfless service, and includes such tasks as chopping vegetables and washing dishes. Kitchen seva requires closed toed shoes.

Help us assign the best seva shift for you by carefully filling out below. Please select all that apply for each registrant:

1. Name: _____

SIGN ME UP FOR ANYTHING FIRST RETREAT NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

SEVA TIME PREFERENCES: Early Morning (6am – 8am) Night Owl (11pm to 3am) First Evening (Arrive by 5pm)
 Any Time Restrictions _____

2. Name: _____

SIGN ME UP FOR ANYTHING FIRST RETREAT NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

SEVA TIME PREFERENCES: Early Morning (6am – 8am) Night Owl (11pm to 3am) First Evening (Arrive by 5pm)
 Any Time Restrictions _____

3. Name: _____

SIGN ME UP FOR ANYTHING FIRST RETREAT NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

SEVA TIME PREFERENCES: Early Morning (6am – 8am) Night Owl (11pm to 3am) First Evening (Arrive by 5pm)
 Any Time Restrictions _____

4. Name: _____

SIGN ME UP FOR ANYTHING FIRST RETREAT NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

SEVA TIME PREFERENCES: Early Morning (6am – 8am) Night Owl (11pm to 3am) First Evening (Arrive by 5pm)
 Any Time Restrictions _____
