



SUMMER RETREATS WITH AMMA

BELLEVUE, WASHINGTON



This retreat will be held on: Saturday, May 25 * Sunday, May 26 * Monday, May 27

Fees:

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON MAY 23 RD		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$380	\$290
Teens 13-17	\$325	\$200
Ages 6-12	\$280	\$135
5 and under	\$200	\$55
Single Occupancy Adult (2 nights)	\$545	

STANDARD RETREAT FEES - AFTER MIDNIGHT ON MAY 23 RD		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$420	\$330
Teens 13-17	\$365	\$240
Ages 6-12	\$320	\$175
5 and under	\$200	\$55
Single Occupancy Adult (2 nights)	\$585	

Note: The Early Registration Fees increase by \$40 per person at midnight on **May 23rd**, 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 \$148 per night, per room.

TENTATIVE RETREAT SCHEDULE

Day One		Day Two (continued)		Day Three	
3:00 pm	Check-In Begins	10:00 am	Darshan	6:15-7:15 am	Gentle Morning Yoga
6:00 pm & 10:00 pm	Dinner	12:30-3:00 pm	Lunch	7:30-8:15 am	Guided meditation
7:30 pm	Orientation	10 min. after Amma leaves the hall.	Video of Morning Class	7:15-9:00 am	Breakfast
8:00 pm	Satsang & Bhajans followed by Darshan	5:15 pm	Bhajan Class	9:00-10:00 am	Class with Swamiji
Day Two		6:30-7:45 pm	Meditation and Q&A with Amma	10:00 am	Darshan
				12:30-3:00 pm	Lunch
6:15-7:15 am	Gentle Morning Yoga	7:45-8:45 pm	Dinner served by Amma	10 min. after Amma leaves the hall.	Video of Morning Class
7:30-8:15 am	Guided meditation	9:00 pm	Satsang and Bhajans. Darshan for those who didn't go in the morning.	7:00 pm	Atma Puja
7:15-9:00 am	Breakfast			8:30 pm	Dinner (last meal)
9:00-10:00 am	Class with Swamiji			9:00 pm	Devi Bhava darshan