

MA CENTER LA



# Celebrate Mother's Day

Spiritual & Meditative Retreat led by Br. Dayamrita Chaitanya



Sunday, May 10  
9:00 am - 6:30 pm

## RETREAT SCHEDULE

9:00 am Onsite Registration  
9:15 am Relaxation stretches  
Manasa Puja & Meditation  
108 names of Amma  
Q & A w./ Swamiji  
Bhajans  
Walking meditation  
Mother's day tribute  
Lunch

Seva/Tour meeting and  
Darshan line trainings  
Afternoon tea and snacks  
4:30 pm Satsang program  
(Spiritual Talk, Bhajans,  
Arati - open to public)  
6:30 pm Dinner  
Close-up seva

AMMA  
COMES TO  
LAX HILTON  
JUNE 14 - 18!

\$25 advance • Register and prepay at

<http://www1.amma.org/events/la-retreat-form.html>

Please preregister so we can plan food accordingly

\$35/door • Children 15 and under free (must register)

For inquiries: [laretreats@macenters.org](mailto:laretreats@macenters.org) ; 310-295-1852

Retreat location MA Center LA 128 S Catalina Ave, Redondo Beach, CA 90277