2014 IAM Meditation Class and Refresher Schedule
Amma Center of New Mexico

Original IAM

This meditation takes 35 minutes to practice

Classes from 9:00 am – 4:30 pm in the temple

Sat Jan 25	Jonathan & Upasita
Sat July 26	Jonathan

Original IAM Refreshers – First Saturday of each month
5:00 – 6:15 pm in the ashram puja room

Energize and strengthen your practice with guided Refreshers!

Sat Jan 4	Jonathan	Sat July 5	Saz
Sat Feb 1	Jonathan	Sat Aug 2	Jonathan
Sat Mar 1	Jagrati	Sat Sept 6	Vaishnavi
Sat Apr 5	Roberta	Sat Oct 4	Jagrati
Sat May 3	Jagrati	Sat Nov 1	Jonathan
Sat June 7	Phil	Sat Dec 6	Jagrati

IAM-20

This is a slightly shorter meditation taking 20 minutes to practice

Classes from 3:00 – 6:15 pm in the ashram puja room

Sat Feb 15	Jagrati
Sat May 10	Roberta
Sat Aug 16	Jaganmayi
Sat Nov 15	Vaishnavi

IAM-20 Refreshers – Third Saturday of each month
5:00 – 6:15 pm in the ashram puja room

Energize and strengthen your practice with guided Refreshers!

Sat Jan 18	Roberta	Sat July 19	Saz
Sat Feb 15	Jagrati	Sat Aug 16	Jaganmayi
Sat Mar 15	Jaganmayi	Sat Sept 20	Jagrati
Sat April 19	Jaganmayi	Sat Oct 18	Jagrati
Sat May 17	Roberta	Sat Nov 15	Vaishnavi
Sat June 21	*Cancelled*	Sat Dec 20	Jagrati

Questions or to sign up for a class, contact our registrar Jaganmayi at jaganmayi108@gmail.com or 505.670.0696