



# SUMMER RETREATS WITH AMMA

## TORONTO, ONTARIO



This retreat will be held on Saturday, July 8 \* Sunday, July 9 \* Monday, July 10

\*All Fees listed are Canadian Dollars (CAD) and will be processed in Canadian Dollars\*

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON JULY 6 <sup>TH</sup>		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
<b>Adults</b>	\$405	\$295
<b>Teens 13-17</b>	\$335	\$210
<b>Ages 6-12</b>	\$290	\$145
<b>5 and under</b>	\$195	\$50
<b>Single Occupancy Adult (2 nights)</b>	\$560	

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STANDARD RETREAT FEES - AFTER MIDNIGHT ON JULY 6 <sup>TH</sup>		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
<b>Adults</b>	\$445	\$335
<b>Teens 13-17</b>	\$375	\$250
<b>Ages 6-12</b>	\$330	\$185
<b>5 and under</b>	\$195	\$50
<b>Single Occupancy Adult (2 nights)</b>	\$600	

**Note:** The Early Registration Fees increase by \$40 per person at midnight on **July 6<sup>th</sup>**, 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 \$146 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
7:00 pm	Orientation	10 min. after Amma leaves the hall.	Video of Morning Class	7:15-9:00 am	Breakfast
7:30 pm	Satsang & Bhajans followed by Darshan	5:15 pm	Bhajan Class	9:00-10:00 am	Class with Swamiji
<b>Day Two</b>		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