



AMMA

SUMMER 2016 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.



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 received from a Mahatma is considered prasada, which

means that it is infused with Amma's grace and blessing.

## 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](mailto: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

<b>FIRST DAY</b>	
Retreat Check In Begins (continues throughout the evening program)	3:00pm
Dinner	6:00pm or 10:30pm
Orientation	7:00pm
Satsang (spiritual talk)	7:30pm
Bhajans (devotional singing) followed by Darshan	8:00pm
<b>SECOND DAY</b>	
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
<b>THIRD DAY</b>	
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](http://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 11<sup>TH</sup>**

**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](mailto: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

## TORONTO, ONTARIO



July 12 - 14, 2016

### International Plaza - Toronto Airport

655 Dixon Road  
Toronto, Ontario M9W 1J3  
416 244 1711

The retreat will be held at the International Plaza Hotel, which is located a few minutes from Pearson International Airport and twenty minutes from downtown Toronto.

**This retreat will be held on Tuesday, July 12 \* Wednesday, July 13 \* Thursday, July 14**

**\*ALL FEES listed are Canadian Dollars (CAD)  
and will be processed in Canadian Dollars\***

If you are paying with a credit card from another country, your credit card bank will convert the Canadian dollar amount into your respective currency based on the exchange rate at the time of your registration.

**If mailing your registration,  
please make sure to mail early enough so that it arrives  
BEFORE June 11<sup>th</sup>.**

### 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 International Plaza Hotel.

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 \$138 per room, per night. Additional nights contiguous to the retreat include nights before the retreat: (July 10, 11) and/or Devi Bhava night (July 14) 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 (July 12 and 13), choose July 12 as your check-in date, and July 14 as your checkout date. If you want to add July 14 (Devi Bhava night), please select July 15 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 International Plaza 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](http://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

The Toronto Satsang will be offering parent co-op sponsored Youth Programs for Amma's visit. However, please be informed that without adequate parental support, this service will be discontinued during the programs. Please check the Information Table for up-to-date information on these programs.

### Parent's Reminder about ALL Young People

Please watch your children carefully. If they are not in the Children's Program, they need to be supervised by an adult.

**Children are not allowed to roam the hotel, play in elevators, on escalators or to be in non-program areas.**

Also, please respect the quiet time needed during meditation with Amma after the evening bhajans and before the morning darshan. Your cooperation helps to create a spiritually uplifting experience for all of Amma's children, big and small.

### **Payment:**

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

If you are paying with a credit card from another country, your credit card bank will convert the Canadian dollar amount into your respective currency based on the exchange rate at the time of your registration.

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, CAD check or CAD money order if you are registering by mail.
- 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 **July 10<sup>th</sup>**, 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](mailto: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 **July 2<sup>nd</sup>**.
- 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.

### **Hotel Cancellation Deadlines:**

The hotel cancellation deadline is **July 2<sup>nd</sup>**. The hotel portion of your registration will not be refunded if you cancel after this date. This includes any additional nights you have requested.

### Parking:

Free parking is available for retreatants who stay in the hotel. Others will have a \$7.00 per day fee with in and out privileges.

### Directions:

Directions to the International Plaza can be found at:

<https://www.google.com/maps/place/International+Plaza+Hotel/@43.689106,-79.57795,17z/data=!3m1!4b1!4m2!3m1!1s0x882b39f3e1a8fac9:0x9d0b35df852e9b5f>

Pearson International Airport is 3 miles east of the hotel. There are free shuttles to the hotel. From Terminal 1: Post S5, Terminal 3: Post C 22

### Fees:

#### CAD

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON JULY 10 <sup>TH</sup>		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
<b>Adults</b>	\$395	\$295
<b>Teens 13-17</b>	\$325	\$210
<b>Ages 6-12</b>	\$280	\$145
<b>5 and under</b>	\$195	\$50
<b>Single Occupancy Adult (2 nights)</b>	\$550	

#### CAD

STANDARD RETREAT FEES - AFTER MIDNIGHT ON JULY 10 <sup>TH</sup>		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
<b>Adults</b>	\$435	\$335
<b>Teens 13-17</b>	\$365	\$250
<b>Ages 6-12</b>	\$320	\$185
<b>5 and under</b>	\$195	\$50
<b>Single Occupancy Adult (2 nights)</b>	\$590	

**Note:** The Early Registration Fees increase by \$40 per person at midnight on **July 10<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 \$138 per night, per room.



# Toronto Retreat

July 12 - 14, 2016  
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:**

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

**Check-in dates available:** Sun-10, Mon-11 or Tue-12      **Checkout dates available:** Thu-14 or Fri-15

The two retreat nights of July 12 and 13 are **included in the With Accommodations fee**. Additional nights are CAD138 per room, per night. For example: if you are requesting Mon, July 11 Check-in and Fri, July 15 Checkout, the number of extra nights would be 2 (July 11 and 14), (July 12 and 13 are the retreat nights). You would then multiply 2 times CAD138 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
1.		
2.		
3.		
4.		

Without Accommodations	With Accommodations	Check-in Date	Checkout Date	# of Extra Nights	Extra Night Total	Totals
C\$	C\$				C\$	C\$
C\$	C\$				C\$	C\$
C\$	C\$				C\$	C\$
C\$	C\$				C\$	C\$

**PAYMENT:**   VISA  
 MC  
 CAD CHECK  
 CAD MONEY ORDER

**TOTAL PAID C\$** \_\_\_\_\_

**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 M.A. CENTER IN CANADIAN DOLLARS.

**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 \_\_\_\_\_

---