

2015 AMMA IAM Meditation Class and Refresher Schedule  
Albuquerque, New Mexico

**Original IAM**

This meditation takes 35 minutes to practice

**Classes** from 9:00 am – 4:30 pm

Saturday March 14 Benjamin

Saturday September 12 Kristen

**Original IAM Refreshers** – Last Thursday of each quarter  
from 5:15 – 7:15 pm

Energize and strengthen your practice with guided Refreshers!

Thursday March 26 Benjamin

Thursday July 30 Benjamin

Thursday September 24 Kristen

Thursday December 17 Benjamin

**IAM-20**

This is a slightly shorter meditation taking 20 minutes to practice

**Classes** from 9:00 am– 12:00 pm

Saturday April 11 Benjamin

Saturday October 10 Kristen

**IAM-20 Refreshers** – Last Saturday of the month following  
the course from 9:00 – 10:00am

Energize and strengthen your practice with guided Refreshers!

Saturday April 29 Benjamin

Saturday October 24 Kristen

**Course and Refresher Location:**

All courses and refreshers will be held at:

University Heights United Methodist Church  
2210 Silver Ave SE  
Albuquerque NM 87106

Questions or to sign up for a class, contact Kristen at [iamalbuquerque@hotmail.com](mailto:iamalbuquerque@hotmail.com) or 505-400-6174