



SUMMER RETREATS WITH AMMA

TORONTO, ONTARIO

This retreat will be held on Tuesday, July 16 * Wednesday, July 17 * Thursday, July 18

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

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON JULY 14 TH		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	C\$435	C\$285
Teens 13-17	C\$365	C\$210
Ages 6-12	C\$320	C\$160
5 and under	C\$210	C\$50
Single Occupancy Adult (2 nights)	C\$600	

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STANDARD RETREAT FEES - AFTER MIDNIGHT ON JULY 14 TH		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	C\$475	C\$325
Teens 13-17	C\$405	C\$250
Ages 6-12	C\$360	C\$200
5 and under	C\$210	C\$50
Single Occupancy Adult (2 nights)	C\$640	

Note: The Early Registration Fees increase by C\$40 per person at midnight on **July 14th**, 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 C\$158 per night, per room.

TENTATIVE RETREAT SCHEDULE

Day One		Day Two (continued)		Day Three	
5:00 pm	Check-In Begins	10:00 am	Darshan	6:30-7:45 am	Amrita Yoga
6:00 pm & 10:30 pm	Dinner	12:30-3:00 pm	Lunch	7:30-8:15 am	Guided meditation
7:30 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
		6:30-7:45 pm	Meditation and Q&A with Amma	10:00 am	Darshan
Day Two					12:30-3:00 pm
6:30-7:45 am	Amrita 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
7:30-9:00 am	Breakfast			8:30 pm	Dinner
9:00-10:00 am	Class with Swamiji			9:00 pm	Devi Bhava darshan