"Everyone in the world should be able to sleep without fear, at least for one night. Everyone should be able to eat to his fill, at least for one day. There should be at least one day when hospitals see no one admitted due to violence. By doing selfless service for at least one day, everyone should help the poor and needy. It is Amma's prayer that at least this small dream be realized."

*Mata Amritanandamayi Devi*
**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 27 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 prasad, 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 own talents. It also helps one to relax both physically and mentally, and to lead a 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.
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 standard course.

**Times for the IAM course will be available when you check in for the retreat.**

## Retreat Schedule

### First Day

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retreat Check In Begins (continues throughout the evening program)</td>
<td>3:00pm</td>
</tr>
<tr>
<td>Dinner</td>
<td>6:00pm or 10:30pm</td>
</tr>
<tr>
<td>Orientation</td>
<td>7:30pm</td>
</tr>
<tr>
<td>Satsang (spiritual talk) and bhajans (devotional singing) followed by darshan</td>
<td>8:00pm</td>
</tr>
</tbody>
</table>

### Second Day

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Morning Yoga</td>
<td>6:15am - 7:15am</td>
</tr>
<tr>
<td>Guided meditation, breakfast, class with Swamiji</td>
<td>7:30am - 10:00am</td>
</tr>
<tr>
<td>Darshan</td>
<td>10:00am - 2:00pm</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:30pm - 3:00pm</td>
</tr>
<tr>
<td>Video of morning class with Swamiji</td>
<td>10 minutes after Amma leaves the hall</td>
</tr>
<tr>
<td>Bhajan Class</td>
<td>5:15pm</td>
</tr>
<tr>
<td>Meditation with Amma followed by Q&amp;A</td>
<td>6:30pm</td>
</tr>
<tr>
<td>Dinner served by Amma</td>
<td>8:00pm</td>
</tr>
<tr>
<td>Satsang and bhajans followed by darshan (darshan only for those who did not receive it in the morning)</td>
<td>9:00pm</td>
</tr>
</tbody>
</table>

### Third Day

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Morning Yoga</td>
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</tr>
<tr>
<td>Lunch</td>
<td>12:30pm - 3:00pm</td>
</tr>
<tr>
<td>Video of morning class with Swamiji</td>
<td>10 minutes after Amma leaves the hall</td>
</tr>
<tr>
<td>Atma Puja (ceremony for world peace)</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Dinner begins</td>
<td>8:00pm</td>
</tr>
<tr>
<td>Devi Bhava Darshan</td>
<td>9:00pm</td>
</tr>
<tr>
<td>Snack Shop</td>
<td>Open all night</td>
</tr>
</tbody>
</table>
2 Easy Registration Options:

1. **ONLINE** (VISA or MasterCard required)
   
   Register online at: www.amma.org/retreats

2. **FAX** (VISA or MasterCard required)
   
   You may print the registration form at the end of this brochure (pages 11 and 12) and fax your completed form including payment information to: 510 217 2286.

*** PLEASE DO NOT MAIL RETREAT REGISTRATIONS ***

**THERE IS NOT ENOUGH TIME TO RECEIVE THEM BEFORE THE RETREAT BEGINS**

Confirmations

We will email all confirmations.

Receiving Emails from Us

Acknowledgment and confirmation emails will be sent from 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 our email address to your safe sender list to allow you to receive these important emails.
November 22 - 24, 2012

Detroit Marriott at the Renaissance Center
Detroit, Michigan 48265-0001
Tel: 313.568.8000

This retreat will be held at the Detroit Marriott at the Renaissance Center in Detroit, Michigan. The hotel is 13 miles from the Detroit Metro Airport (DTW) and provides a convenient and comfortable getaway for us to immerse ourselves in Amma’s presence.

This retreat is on Thursday - November 22, Friday - November 23 and Saturday - November 24.

*** PLEASE DO NOT MAIL RETREAT REGISTRATIONS ***

THERE IS NOT ENOUGH TIME TO RECEIVE THEM BEFORE THE RETREAT BEGINS!

Retreat Housing 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 Detroit Marriott at the Renaissance Center. The Marriott is a non-smoking hotel, which means that only non smoking rooms are available.

Registration Fee includes double occupancy lodging for Thursday and Friday nights only. A double occupancy room will have 2 double beds or king bed & rollaway, as available at time of room allocation.

**Note:** We will make your hotel reservations for the public program nights when registering you for the Michigan 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. We will not be able to give you a double room if you select this option.

**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 & 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.

**OTHER IMPORTANT CONSIDERATIONS FOR ROOMMATE NEEDED CATEGORY**

We will not take roommate requests if you register under this category (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.

However, if we are not able to match you with a roommate for any of the extra nights you request, we may have to upgrade you to a single room for these nights and charge you the full room rate for the single nights. We will contact you in advance if this happens.

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 king bed & rollaway, as available at 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 time of room allocation. We cannot take two separate payments for this option if you register online.

**Family:** You and your family member(s) 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 & rollaway, as available at 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 & 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 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 check-out 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 $126 per room, per night.

Additional nights contiguous to the retreat include nights before the retreat, (November 19, 20, or 21) and/or Devi Bhava night (November 24) at the end of the retreat. If you only wish to stay on any or all of the public program nights between November 19 and 21 or November 24 (Devi Bhava) but not the retreat nights, a reservation for those nights must be made directly with the hotel under the "Prema" block.

How to Select Your Dates When Registering Online:

You will select your check in and check-out dates from a drop down menu. If you want only the two retreat nights (November 22 and November 23), choose November 22 as your check-in date, and November 24 as your check-out date. If you want to add November 24 (Devi Bhava night), please select November 25 as your check-out date. Similarly, if you want to add any days prior to the retreat nights, make your choice from the check-in drop down list.

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 cards and signatures) and fax 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 Detroit Marriott at the Renaissance Center 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 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:

- Register as **Roommate Needed** and we will match you with another person.
- Wait for your friend and then register together as **Roommate Selected**.
- 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, which will probably be a king room. You may request a rollaway 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, names on the cards and required signatures), then fax 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 “**Prema Rooms**” 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 can't 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 - we cannot process the registration without it. Also, if choosing the With Accommodations option, the child and guardian must stay together.
Payment:

Full payment must be received in order to process your registration.

• You may only pay with Visa or MasterCard if you are registering by fax or online
• The check or money order must be in U.S. dollars and drawn on a U.S. bank.
• In order to cover bank charges, please add US$5 for Canadian money orders
• There is a $25 fee for returned checks.
• Please make all payments to - M.A. Center

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. 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. You will need to cancel the retreat you will not attend and register for the retreat of your choice.
• The hotel will not refund the accommodations charges after November 15.
• 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 in December.
• No refund of any portion of the registration fee is available for late arrivals or early departures.

The hotel cancellation deadline for this retreat is November 15. The hotel portion of your registration will not be refunded if you cancel after this date. This includes any additional nights you have requested.

DIRECTIONS:

Directions to the Detroit Marriott at the Renaissance Center can be found at http://www.marriott.com/hotels/maps/travel/dtwdt-detroit-marriott-at-the-renaissance-center/
Transportation from Airport:
There are taxis available in the baggage claim area that you can take to the hotel.

You can reserve limo service:
MY METRO LIMO – offering “Amma” discounted rate of $45 one way
(800) 601-9942 or (248) 925-9164
RESERVE ONLINE NOW @ https://book.mylimobiz.com/mymetrolimo/Reserve
PROMO CODE: AMMA

Fees:

<table>
<thead>
<tr>
<th></th>
<th>With Accommodations</th>
<th>Without Accommodations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Double Occupancy (2 nights)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adults</td>
<td>$370</td>
<td>$265</td>
</tr>
<tr>
<td>Teens 13-17</td>
<td>$275</td>
<td>$170</td>
</tr>
<tr>
<td>Ages 6-12</td>
<td>$205</td>
<td>$90</td>
</tr>
<tr>
<td>5 and under</td>
<td>$165</td>
<td>$50</td>
</tr>
<tr>
<td><strong>Single Occupancy Adult (2 nights)</strong></td>
<td>$495</td>
<td></td>
</tr>
</tbody>
</table>

Note: If registering through M.A. Center, the hotel room cost for the public program nights is $126 per night, per room.
Michigan Retreat  
November 22 - 24, 2012  
Thursday, Friday, Saturday

**Legal Name:**  
First __________________________________ Last __________________________________

**Address:**  
Street ________________________________________________________

City ___________________________ State ______ Zip ________________

**Phone:**  
Evening _______________ Day ____________________  

**Email:** ________________________________________________

**Details for those attending retreat:**

**Accommodation Status:** (please see retreat brochure for details)
- ☐ Couple  ☐ Family  ☐ Group  ☐ Roommate Selected  ☐ Single Room  ☐ Without Accommodation  
- ☐ Need Roommate  ☐ I Have Read and Agree to the Attached Roommate Needed Policy

**Accommodation Dates:** Write in your check in and check out dates for accommodation.

**November Check-in dates available:** Mon-19, Tues-20, Wed-21 or Thur-22  
**Check-out dates available:** Sat-24 or Sun-25.

The two retreat nights of Nov 22 and Nov 23 are **included in the With Accommodations fee**. Additional nights are $126 per room, per night. For example: if you are requesting Tues, Nov 20 Check-in and Sun, Nov 25 Check-out, the number of extra nights would be 3 (Nov 20, 21 & 24), (Nov 22 and 23 are the retreat nights). You would then multiply 3 times $126 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).

<table>
<thead>
<tr>
<th></th>
<th>Legal Names (First, Last)</th>
<th>Age</th>
<th>Gender M/F</th>
<th>1st Retreat Ever? Y/N</th>
<th>Without Accommodations</th>
<th>With Accommodations</th>
<th>Check-in Date</th>
<th>Check-out Date</th>
<th># of Extra Nights</th>
<th>Extra Night Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>________________________</td>
<td>75</td>
<td>F</td>
<td></td>
<td>$</td>
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</tr>
<tr>
<td>2.</td>
<td>________________________</td>
<td>75</td>
<td>F</td>
<td></td>
<td>$</td>
<td>$</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>________________________</td>
<td>75</td>
<td>F</td>
<td></td>
<td>$</td>
<td>$</td>
<td></td>
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<tr>
<td>4.</td>
<td>________________________</td>
<td>75</td>
<td>F</td>
<td></td>
<td>$</td>
<td>$</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Retreat Sub Totals** $ ________ $ ________  
**Extra Night(s) Sub Total** $ ________

**Payment:** ☐ Visa ☐ MC ☐ Cash ☐ Check ☐ Money Order  
**Total Paid** $ ___________

**Card Number:** _____________________________  
**Exp Date:** _____________  
**Name on card:** _____________________________  
**Signature:** _____________________________

Please make all checks and money order payable to MA Center in US dollars and drawn on a US Bank.

**IAM - Integrated Amrita Meditation Technique™ Course:**  
**Names:** _____________________________

**IAM - Integrated Amrita Meditation Technique™ Refresher:**  
**Names:** _____________________________

**Special Accommodation Needs:** _____________________________

Register online at [www.amma.org/retreats](http://www.amma.org/retreats) or Fax completed registration form with full payment to:  
MA Center Retreat Office, PO Box 613, San Ramon, CA 94583  
Phone: 510 537 9417 ext 125  
Fax: 510 217 2286
**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 toe 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
   - NO HEAVY LIFTING
   - NO REPETITIVE MOTION
   - SITTING SEVA
   - CAN’T DO SEVA

2. Name: _________________________________________

   - SIGN ME UP FOR ANYTHING
   - NO HEAVY LIFTING
   - NO REPETITIVE MOTION
   - SITTING SEVA
   - CAN’T DO SEVA

3. Name: _________________________________________

   - SIGN ME UP FOR ANYTHING
   - NO HEAVY LIFTING
   - NO REPETITIVE MOTION
   - SITTING SEVA
   - CAN’T DO SEVA

4. Name: _________________________________________

   - SIGN ME UP FOR ANYTHING
   - NO HEAVY LIFTING
   - NO REPETITIVE MOTION
   - SITTING SEVA
   - CAN’T DO SEVA

**Other Considerations:**

- **Limited Time:** Do you have limited time to do Seva? If so, please note below the times you are **NOT** available.

   Name(s):

- **Special Needs:** Do you have any special needs (bad back, elderly, etc.) which may affect your seva preferences?

   Name(s):

**Specific Seva Times:**

If you would like to volunteer for any of these sevas, please provide the names(s) of the person(s) in the allotted space.

- **First Evening Seva:** If you know you will arrive before 4pm on the first day, we may schedule your seva between 4:30 and 8:30pm.

   Name(s):

- **Early Morning Seva** (Between 6 and 8 am): Keep in mind you may be up late the night before! There will be early bird passes for the first night of the retreat so you can have darshan and get to bed early. Bring an alarm clock. For Bay Area Retreat, no hotel shuttles will be available for early morning seva. Please make arrangements for your own transportation at these times.

   Name(s):

- **Night Owl Seva** (Between 11pm and 3am)

   Name(s):

*Please note: At this time we are uncertain of the exact number of volunteers we will need. Not everyone who volunteers will receive these seva categories.*