

Integrated Amrita Meditation Technique

20th May 2018, Sunday (8:30am to 12:30pm)

With Brahmachari Amit, a monastic disciple of
Sri Mata Amritanandamayi Devi (Amma)

 /MataAmritanandamayi

*"My dear children,
Meditation is
as precious as gold"*



Discover the joy within !

VENUE

DC Model Sr. Sec. School,
Sector 7, Opp. Main Market,
Panchkula, Haryana
Pin - 134112

Limited Seats.

Please call for registration.
Age group – 18 yrs & above.

REGISTER NOW!

 **6239265859**

 **8264234820**

*A gift from Sadguru Sri Mata Amritanandamayi Devi (also known as AMMA),
IAM Technique is a synthesis of traditional time tested methods
of yoga, pranayama and meditation, that is most suited for the current times.
Come and experience this simple, wonderful and powerful technique.*

www.iam-meditation.org

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