

Amma's

2024 Summer 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.



received from a Mahatma is considered prasad, which means that it is infused with Amma's grace and blessing.

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

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.

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.

RETREAT SCHEDULE

FIRST DAY	
Retreat Check In Begins (continues throughout the evening program)	5:00pm
Dinner	6:00pm or 10:30pm
Orientation	7:30pm
Satsang and Bhajans (devotional singing) followed by Darshan	8:00pm
SECOND DAY	
Amrita Yoga	6:30am - 7:30am
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
THIRD DAY	
Amrita Yoga	6:30am - 7:30am
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
Special Darshan	9:00pm

Summer Retreats with Amma

How to Register for Retreats

Fast Secure Online Registration:

Register online at: us.amma.org/retreats

(Visa, MasterCard, Amex or Discover required)

Confirmations

All confirmations will be sent by emailed to the same email that was used to set up your account.

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. Be sure to check your spam/junk folder to make sure the important emails from us are not sent there by mistake.



Summer Retreats with Amma

Leesburg, Virginia

July 27 - 29, 2024

The National Conference Center
18980 Upper Belmont Pl
Leesburg, VA 20176
703.729.8000

This retreat will be held at the **National Conference Center**. The facility is a centrally located with convenient access to Dulles International Airport and the Metro system. This spacious property is a perfect environment for us to enjoy this special time in Amma's presence.

This retreat will be held on: *Saturday, July 27 * Sunday, July 28 * Monday, July 29

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 **National Conference Center**.

The conference center accommodations are **small dorm size rooms**. Each room is approximately **160 sq ft**. Therefore, occupancy is limited to **2 individuals per room**, including families. Each room has one double bed and one single rollaway bed.

Registration Fee includes double occupancy lodging for Saturday and Sunday nights **ONLY**. A double occupancy room will have one double bed and one single rollaway bed.

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 gender if you make this selection. Your room will have one double bed, one single rollaway bed, and a small amount of walking area. 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 or the Roommate Selected 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** in order for us to put you together. Your room will have one double bed and one small cot.

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 double bed and one small cot.

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 \$175 per room, per night. Additional nights contiguous to the retreat include nights before the retreat (July 24, 25, 26) and/or Devi Bhava night (July 29) 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 27 and 28), choose July 27 as your check-in date and July 29 as your checkout date. If you want to add July 29 (Devi Bhava night), please select July 30 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 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, please just register using one card and then use Venmo or similar app to get reimbursed. Everyone sharing a room must be on the same registration.

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.**

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.
4. 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**".
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 gender 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. 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.

Parent's Reminder about ALL Young People

Please watch your children carefully. **Children are not allowed to roam unattended.** 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:

You can only pay with Visa, MasterCard, Discover or Amex if you are registering by fax or online.

Registration fees increase \$40 per person at midnight on **July 25th**. 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 emailed to retreats@amma.org 48 hours prior to the retreat. 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 17th**.
- 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.

***** Once you have booked your reservations through MA Center, any issues regarding payment for your room need to be directed to MA Center and not the hotel. The hotel is not authorized to refund any portion of your lodging. No refunds or changes can be made without the prior approval of the M.A. Center Retreat Office. *****

Hotel Cancellation Deadline:

The hotel cancellation deadline is **July 17th**. The hotel portion of your registration will not be refunded if you cancel after this date. This includes any additional nights you have requested.

Fees:

EARLY REGISTRATION RETREAT FEES - BEFORE MIDNIGHT ON JULY 25TH

<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$450	\$280
Teens 13-17	\$380	\$210
Ages 6-12	\$335	\$165
5 and under	\$220	\$50
Single Occupancy Adult (2 nights)	\$620	

STANDARD RETREAT FEES - AFTER MIDNIGHT ON JULY 25TH

<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$490	\$320
Teens 13-17	\$420	\$250
Ages 6-12	\$375	\$205
5 and under	\$260	\$50
Single Occupancy Adult (2 nights)	\$660	

Note: The Early Registration Fees increase by \$40 per person at midnight on **July 25th** so please be sure to register before then to get the reduced rates.

Note: If registering through MA Center, the hotel rate for the public program nights is \$175 per night, per room.