



## IAM IMMERSION WEEKEND AUGUST 21-23, 2015

The verdant grounds of MA Center Chicago (MACC) will become the venue of an **Integrated Amrita Meditation (IAM) Immersion** from Friday, August 21<sup>st</sup> through Sunday, the 23<sup>rd</sup>.

The IAM Technique® is a powerful way to reconnect with our real center, our inner Self, and thereby experience true joy and peace in life. Born out of Mata Amritanandamayi's (Amma) divine inspiration, this meditation technique, when practiced with dedication, is designed to bring about integration in our lives –an integration of body, mind, intellect, and heart.

Dedicate the weekend to slow down and discover the technique to calm your body, mind, and spirit.

Immerse in Walking Meditation, Q&A with Br. Shantamrita Chaitanya, Homa, Bonfire, etc.

**MA Center Chicago | 41W501 Keslinger Road | Elburn | IL 60119-9454**



**To register: visit our website - [amma.org/chicago](http://amma.org/chicago)**

**For questions on IAM: contact Uma Rao at 1.501.282.6817**