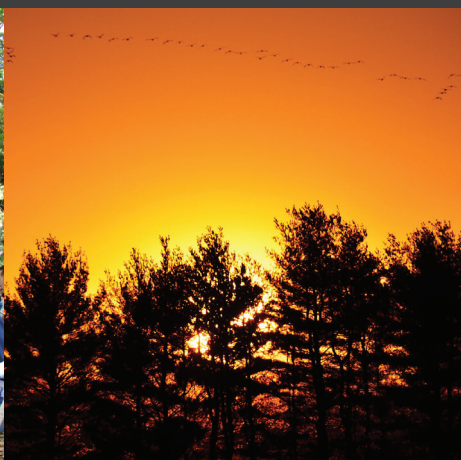


MA CENTER CHICAGO PRESENTS A VERY SPECIAL EVENT:

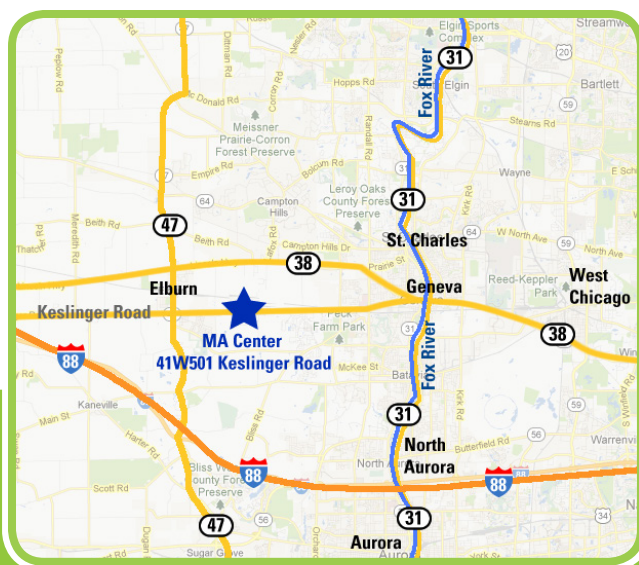
# LABOR DAY WEEKEND RETREAT | LIVING IN HARMONY WITH NATURE



## JOIN US FOR A SPECIAL WEEKEND RETREAT

Give yourself the gift of special time for personal growth in the idyllic atmosphere of Amma's Chicago ashram. The retreat will be led by MA Center Chicago's director, Br. Shantamritaji, who will guide us in how to learn from nature and live in harmony with her ways. After the busy summer season, this retreat affords us the ideal opportunity to take pause, look within and harmonize our lives. We will also use this weekend as an opportunity to develop practical skills of how to adapt our daily lives, so as to reduce the burden we place on Mother Earth.

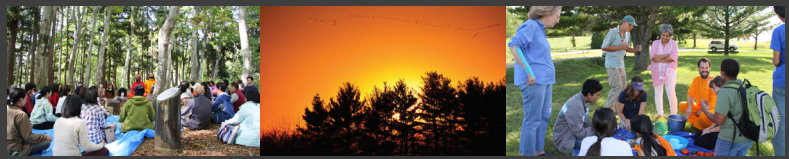
**RETREAT: SATURDAY-MONDAY, AUG 31- SEPT 2**  
**VENUE: MA CENTER CHICAGO**  
**41W501 KESLINGER RD, ELBURN, IL 60119**  
**EMAIL: [MACC.RETREAT@GMAIL.COM](mailto:MACC.RETREAT@GMAIL.COM)**  
**WEBSITE: [CHICAGO.AMMA.ORG](http://CHICAGO.AMMA.ORG)**  
**PHONE: 630-387-5077**  
**PLEASE SEE THE OTHER SIDE OF THIS FLYER FOR MORE DETAILS**



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# LABOR DAY WEEKEND RETREAT

## LIVING IN HARMONY WITH NATURE



## SCHEDULE HIGHLIGHTS

### SATURDAY, AUGUST 31ST

2 pm	Retreat Registration
3 – 4 pm	Guided Tour of MA Center Chicago (MACC)
5 pm	Evening Program with Br. Shantamrita's Talk on "Spiritual Ecology"
8 pm	Dinner

### SUNDAY, SEPTEMBER 1ST

6 am – 7:15 am	Archana (Amma's 108 Names, Lalita Sahasranama, Ayigiri Nandini)
7:45 – 9:00 am	Yoga
10:30 – 11:30 am	Br. Shantamrita's Talk on "The Five Elements in Nature and in Us" and Q&A
11:30 – 12:30 pm	Contemplation/writing time while walking the grounds
2 – 4 pm	<b>A Gift to Amma For Her 60th Birthday!</b> Hands-On Involvement in MA Center Chicago's Organic Farming Projects
4 – 5 pm	Nature Walk & Ecomeditation
6 – 8 pm	Evening Program with Br. Shantamrita's Talk on "Food and Spirituality"
9 – 10 pm	Campfire with Storytelling and Bhajans

### MONDAY, SEPTEMBER 2ND

6 – 7:15 am	Archana (Amma's 108 Names, Lalita Sahasranama, Ayigiri Nandini)
8 – 9 am	Yoga
10:30 – 11:30 am	Q&A with Br. Shantamrita
11:30 – 12:30 pm	Five Elements Meditation
1:30 – 2:45 pm	<b>A Gift to Amma For Her 60th Birthday!</b> Join the InDEED Campaign
3 pm	Conclusion of the Retreat

## COST (INCLUDES ALL MEALS)

*No rate for partial days.*

### RETREAT

Individuals	Register by Aug 24	Register After Aug 24
Full Retreat	<b>\$85</b>	<b>\$100</b>
One Day	<b>\$45</b>	<b>\$60</b>

**Families** *Maximum 5 people, register by Aug 24*

Full Retreat	<b>\$150</b>
One Day	<b>\$90</b>

### ACCOMMODATION

Limited shared onsite accommodation offered on a first-come-first-served basis. Please bring your own bedding and toiletry. Donation \$25 per night per individual.

For a list of nearby hotels, please visit our website at [chicago.amma.org](http://chicago.amma.org) and look in the "Local Guides" section. *Note: None of the hotels are offering any special rate for this event.*

**PACKAGE DEAL** *Register by Aug 24*

<b>Individuals</b>	<b>\$125</b>
Full Retreat with Shared Accommodation	
<b>Family</b> <i>maximum 5 people</i>	<b>\$235</b>
Full Retreat with Shared Accommodation	



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