



# Integrated Amrita Meditation

*This meditation technique,  
born out of Amma's divine  
inspiration, is a rare  
blessing...*



The IAM – Integrated Amrita Meditation Technique<sup>SM</sup> 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 Amma's divine inspiration, when practiced with dedication, is designed to bring about integration in our lives – an integration of body, mind, intellect and heart; an integration of our True Self with God.

♥♥ IAM Training offered in Madison, WI ! ♥♥

Friends Meeting House, 1704 Roberts Court, Madison, WI 53711

- ♥ Saturday, October 2, 2010 8:30 am to 5 pm
- ♥ Space is limited, registration is requested by September 15, 2010\*
- ♥ A \$15 fee will be charged to cover costs
- ♥ For more information contact Sharad  
Email: iam.dayal@yahoo.com  
Tel: (608) 257- 6229
- ♥ For registration visit  
<http://www.ammamadison.org/iam.html>

\* AN ADDITIONAL SESSION MAY BE OFFERED ON ANOTHER DAY IF THIS ONE GETS FILLED BEYOND CAPACITY