

# *Silent Meditation Day*

*“Meditation is as precious as gold.  
Not a single moment spent in meditation is wasted.” Amma*



**Sunday June 2nd, 2019**

**7am to 2:00 pm in the Temple**

At the Amma Center of New Mexico  
48 Stone Cabin Rd, Santa Fe, NM

**You are invited** to participate in a FREE\* silent meditation day based loosely on the principles of the silent retreats held at Amritapuri. We will begin the day with Archana and then move into timed sitting and walking meditation sessions. BYO lunch. Tea and light snacks provided.

**Why silence?** “Normally our attention is flowing outwards, pulled towards objects, people and the situations of life. We are usually ‘being with’ something or someone. By practicing silence, we shift the direction of this flow inwards to experience the power of our very own Being.”

*Detach from the outside world to find the Self within.*

**\*Preregistration is preferred**

**contact Anaswara at 707-338-6873 [vmay295@gmail.com](mailto:vmay295@gmail.com)**

**Please Note:** We are not teaching a particular meditation technique, we are simply holding a sacred space to find silence among those who have a shared desire to strengthen community through group practice. Facilitators will be mostly in silence and participate in all meditations