

IAM[®] Meditation



The IAM – Integrated Amrita Meditation 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 Amma's divine inspiration, when practiced with dedication, IAM 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 Class at M. A. Center Chicago (MACC)

41W501 Keslinger Road, Elburn, IL 60119

Sunday, March 24, 2013

Class Time: 10:00 am to 5:00 pm

(IAM Refresher 3:00-5:00pm)

Light lunch provided

Contact: [Madhu at \(847\) 485-9743](tel:8474859743) or [Gail at \(630\) 674-0759](tel:6306740759)

Email: iamAmmaChicago@gmail.com

Pre-registration is required (Donation to cover costs - \$20 before March 10, \$25 after March 10. Please help us manage logistics by registering early)

For information about other IAM courses please visit:

<http://amma.org/groups/north-america/projects/iam-meditation-classes>

For information about M. A. Center Chicago, please visit <http://chicago.amma.org>