



IAM® - INTEGRATED AMRITA MEDITATION TECHNIQUE

WHEN:	Wednesday 25 October 2017 – 7-9 pm [part-1] Thursday 26 October 2017 – 7-9 pm [part-2 & refresher]
VENUE:	32 Burnside Crescent, Westlake, QLD 4074
FEE:	Tuition is FREE
Reservations:	brisbane@ammaaustralia.org.au or 07 3715 8278
Instructor:	Br Shraddhamrita Chaitanya Senior disciple of Sri Mata Amritanandamayi Devi (Amma)

What is the IAM®

IAM is a short and simple approach to meditation. It's a powerful way to reconnect with our real centre and thereby experience true joy and peace in life. Born out of Amma's deep resolve for our spiritual enhancement, this technique, when practiced with dedication, is designed to bring integration into our lives - an integration of body, mind, intellect and heart.



How long does it take?

The IAM® technique has 2 versions – a 20 minute practice (IAM20) and 35 minute practice (IAM35). This course will be teaching the 20 minute practice.

What are the benefits of practicing IAM®

Improved power of concentration, relaxation, expansive thinking and awareness are the basic benefits. This meditation technique helps to focus the mind in order to channel our energies so that we can tap into the unexplored realms of our talents. Through regular practice of meditation, everything we do becomes more graceful, more loving, more beautiful. Our inner transformation makes us better and more effective at anything we do. It will also give greater equanimity and help us to feel more content with life.

"The silence that we acquire through meditation helps us find peace and true happiness in this noisy world".

www.iam-meditation.org

