

# Organisational IAM - Integrated Amrita Meditation

Taking some time out to meditate during a busy work week, either at home or during a work break, can lead to higher creativity, innovative thinking, improved communication and better psychological and physical health.

**IAM - Integrated Amrita Meditation Technique®** (IAM) is mindfulness meditation with no religious overtones. It can help you become more relaxed and creative, helping you bring out your full potential in facets of your work and personal life. By allowing your mind to reduce the quantity of random thoughts (chatter), IAM allows you to experience more of the “Aha!” moments.



The three-hour workshop comprises:

- Introduction to meditation & IAM - Integrated Amrita Meditation Technique®
- Breathing properly
- Relaxation exercises
- Meditation steps
- Relaxation/meditation practice
- A guided meditation
- Question & Answer session

Please see below for contact details to register for workshops. Once we hear from you we will send details outlining what you need to bring etc. There is no charge made for teaching the workshops however we do ask you to contribute a small fee to pay for venue hire and supplies. Any extra money collected over our costs is returned to participants.

The Organisational IAM workshops will be taught by Narayan van de Graaff (management consultant) and his wife Janine (counsellor). They are happy to present this workshop in-house for any organisations that would be interested. Please contact Narayan directly if you would like to have him teach this workshop free of charge in your organisation, on 0438 792 300 or [nvdgraaff@bigpond.com](mailto:nvdgraaff@bigpond.com)

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## Organisational IAM Meditation Workshop - Wednesday February 25

**Time:** 6.30 pm - 9.30pm

**Venue:** 2/17 Claude Avenue, Cremorne, Sydney.

**Bookings:** Call Narayan on 0438 792 300 or email [nvdgraaff@bigpond.com](mailto:nvdgraaff@bigpond.com)

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