



Brahmachari Shraddhamrita Chaitanya's AUSTRALIA TOUR



Visit to Canberra 9-15 April 2018

"Through meditation, not only bliss, but also longevity, vitality, health, charm, strength, and intelligence can be attained."

Amma

Activities

Talk on the Symbolism of Ramayana

Monday 9 - Tuesday 10 April, 6:00-9:00pm at InSync 2A Barker Street, Griffith.

Swamiji will explore the significance of the great Indian epic "Ramayana" which narrates the struggle of the divine prince Rama to rescue his wife Sita from the demon king Ravana. In this two day talk, Swamiji explains the spiritual relevance of this ancient text to the modern world and inspires us with the rich spiritual wisdom. We will provide a vegetarian supper before the talk with proceeds to cover Swamiji's travel costs.

IAM20 Meditation Workshop

Wednesday 11 - Thursday 12 April, 6:30-8:30pm at InSync 2A Barker Street, Griffith. Admission free with donations welcome.

This is a free workshop for learning the Integrated Amrita Meditation Technique developed by Amma. IAM20 is an effective 20-minute meditation technique you can make part of your daily life to improve your ability to relax and cope with stress. It is required to attend the two nights to learn the full technique. For registration contact Aruna at canberra@ammaaustralia.org.au or text on 0416-729-720.

Silent Meditation Retreat

Friday 13 - Sunday 15 April at Silverwattle Quaker Centre, 969 Lake Rd, Lake George, NSW

This weekend retreat is an opportunity to spend time in silence, do sitting and walking meditation, and listen to inspiring talks by Swamiji. The venue is surrounded by nature. Cost is \$240 for a shared room and \$300 for a single room per person and includes all meals and accommodation with a shared bathroom. For registration and payment, contact Aruna at canberra@ammaaustralia.org.au or text on 0416-729-720.

Indian Astrology Readings (Jyotish)

Tuesday 10—Thursday 12 April during the day in Canberra

Swamiji is offering Indian astrology readings in Canberra. To make a booking please send an email to shraddhaji.oz.nz@gmail.com. In the email please include the following information: That you are in Canberra; your date, time and place of birth (as accurately as possible); and the main questions you would like to ask. Swamiji will then respond directly to your email with the arrangements. All readings are free of charge with donations welcome if so inclined after the session.

For any enquiries, please contact Aruna at canberra@ammaaustralia.org.au or text on 0416-729-720.

