



INTEGRATED AMRITA MEDITATION TECHNIQUE

What is IAM[®]20

Have you not had much success with meditation? Try **IAM[®]20** a short and simple dynamic non-religious technique taking just 20 minutes.

“Integration” refers to integrating our body, breathing and mind through the simple stretches and meditation.



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”.

When:

Tuesday 13 November 2018 – 7-9 pm *[part-1]*

Wednesday 14 November 2018 – 7-9 pm *[part-2 & refresher]*

Venue: 32 Burnside Crescent, Westlake, QLD 4074

Fee: **FREE** course

Reservations: brisbane@ammaustralia.org.au / 07 3715 8278

Instructor: Br Shraddhamrita Chaitanya, Senior disciple of Sri Mata Amritanandamayi Devi (Amma)



www.iam-meditation.org

