



AMMA I AM Meditation 21st – 23rd May 2010



AMMA



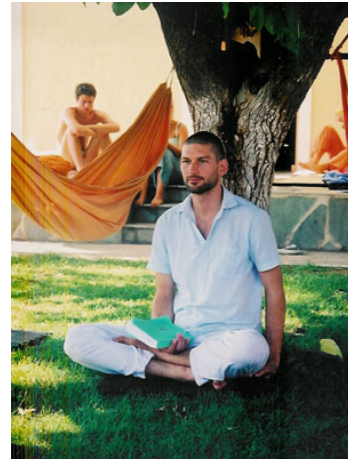
World-renowned spiritual leader and humanitarian Sri Mata Amritanandamayi Devi, affectionately known to millions as "Amma", has dedicated her life to serving others in order to bring love and peace to every living being on this planet. She is originally from Kerala, South India, where she has an ashram focusing on spiritual development, alongside innumerable humanitarian services. She has earned international recognition for her outstanding contributions to the world community and is seen as an extraordinary spiritual leader by the United Nations and people all over the world. Though Amma makes no claims for herself, those who watch her closely notice that she is the greatest example of her teaching. For the past 35 years Amma has dedicated her life to the uplifting of suffering humanity through the simplest of gestures – an embrace. In this intimate manner Amma had blessed and consoled more than 25 million people throughout the world.

I AM Meditation

IAM - Integrated Amrita Meditation Technique[®] was created by the realised master, Amma, from decades of engagement in intense spiritual practice. It is a simple combination of yoga, pranayama and meditation that takes less than 30 minutes a day. The technique is a synthesis of traditional, time-tested methods suited for the current mental conditions, time-constraints and needs of modern man. Meditation is the art of mental mastery. The way we perceive the world around us completely depends upon our mind. In our search for happiness, we essentially have two options—modify the entire world so that everything turns out exactly the way we want it or modify our mind so that we are able to be happy, content and peaceful, regardless of what happens in the external world. The former is obviously impossible. We have very little control over our external world. The only hope for happiness lies in controlling the inner world. Meditation is a key element in this process. Through focusing on objects, sounds and sensations during meditation, our power of concentration increases. Observing our mental and vital functions, we gain awareness. Relaxing the mind removes stress. Expanding our concept of our self similarly expands our thinking in general, making us more creative. This time-tested meditation technique is taught for free throughout the world.

Teacher

Originally from Italy but brought up in Germany, Dayalu hails from a background of Thai Yoga massage, Tai Chi and Yoga and came to live as a permanent resident in Amma's ashram in India some 7 years ago. He there offers his selfless service in whatever way is appointed to him, along with classes of Yoga and Tai Chi and massage treatments. When I AM Meditation was introduced by Amma to her devotees in 2005, she appointed a selected number of her followers to spread this technique worldwide – to run courses and train other teachers both in the ashram and internationally. Dayalu is one of them, and will instruct this course in Greece on his way to join Amma's Tour of USA.



Overall Programme

ARRIVAL AND REGISTRATION SHOULD BE ON THE EVENING BEFORE THE COURSE.

Arrival Evening 21st - 6pm Dinner. 8pm Introduction
22nd/23rd - Full programme (see below for details)
Departure Morning 24th - 9am

Daily Schedule (tentative)

07:00 – 09:00 – Meditation class
09:00 – 10:00 – Breakfast and shower
10:00 – 13:00 – Meditation class (with tea break)
13:00 – 16:00 – Lunch / Siesta / Swim
16:00 – 18:00 – Meditation class (with tea break)
18 :00 – 20:00 – Dinner (Optional steam bath)
20:00 – 21:00 – Optional Bhajans (Amma devotional songs)

Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition,

Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine. To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

Cost

The course costs 80 Euros for food and accommodation. The meditation technique is taught for free worldwide. Full payment required prior to course to reserve place. All donations are welcome.

Contact

For more information see www.thaimassage.gr or email info@thaimassage.gr or join facebook group Sunshine House.

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