



Integrated Amrita Meditation

*This meditation technique,
born out of Amma's divine
inspiration, is a rare
blessing to the mankind ...*



The IAM – Integrated Amrita Meditation Technique® is a powerful way to reconnect with our real center, our Inner Self, and thereby experience true joy and peace in life. Born out of Amma's divine inspiration, when practiced with dedication, is designed to bring about integration in our lives – an integration of body, mind, intellect and heart; an integration of our True Self with God.

IAM Course Schedule - Northwest Area

October 24 – 25

Seattle, WA

Saturday 9:00am – 4pm; Sunday 9:00am – 1:30pm

Pre-registration requested

Contact: Eswar, charcorte@olyphen.com

Holistic Center, 7700 Aurora Ave N, Seattle, WA

To host or schedule an IAM Course in your area, contact kumudakali@aol.com or charcorte@olyphen.com

IAM Refresher Courses

The IAM – Integrated Amrita Meditation Technique[®] is a powerful tool for our spiritual growth. Amma has said that this meditation acts on a very subtle level--eradicating all our negative tendencies, slowly but surely, and gives obvious practical results very fast. She has assured us that if we practice IAM regularly we will see all aspects of our lives improve.

If you have gotten irregular with your IAM practice or just want to strengthen it, then you may want to attend an IAM Refresher Course. At the Refresher you can ask questions, clarify and deepen your understanding of the technique, and be guided through the steps of practice. Many who have attended Refresher Courses have found that they gained a great intellectual and experiential boost to their IAM practice.

Refresher Course

Sunday Oct 25, 9:00am – 11:00am

Holistic Center Greenlake, 7700 Aurora Ave N, Seattle WA

If you would like to attend, please RSVP to charcorte@olypen.com so that we may know how many to expect. The Refresher Class is only for those who have already taken the full IAM Meditation Course.

For more information on IAM – Integrated Amrita Meditation Technique[®] and a schedule of Courses nationwide, visit amma.org and click on the 'Meditation Classes' link.