

Spring Silent Retreat

Sunday, April 20th, 2008

Enjoy the beautiful spring season in the green rolling hills of the MA Center and join us for a day of silence, reflection and relaxation. Our spring silent retreat will include Hatha Yoga, Sanskrit chanting, bhajans, meditation and spiritual talks and current stories of Amma from Remadevi's recent visit to India!

We will also have the chance to spend reflective time in the natural beauty of MA Center's gardens and woodlands, (weather permitting) and during the afternoon break you will have time to treat yourself to a relaxing chair massage, with all proceeds going to Amma's charities!

This retreat will be lead by Bri. Remadevi

9 am – 5:30 pm
MA Center, Amrita Hall
San Ramon, CA 94583

Retreat Fee:
\$40 (includes lunch and dinner)

Registration Options:

- Easy and quick online registration atRamesh add link...
- Download the [registration form](#) and MAIL it with check payable to M.A. Center, P.O. Box 613, San Ramon, CA 94583 Attn: Spring Retreat



Spring Silent Retreat Registration Form

Name(s) _____

Address _____

Phone (H) _____

Email _____

Visa/MC # _____ **Expiration Date** _____

Would you like to attend the Saturday Night Program at the MA Center (6 pm – 9 pm) and then stay the night at the Ashram?

Yes! Please add an additional \$20

(Space is limited so sign up early!)

Mata Amritanandamayi Center, 10200 Crow Canyon Road, Castro Valley, CA 94552
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