



"Everyone in the world should be able to sleep without fear, at least for one night. Everyone should be able to eat to his fill, at least for one day. There should be at least one day when hospitals see no one admitted due to violence. By doing selfless service for at least one day, everyone should help the poor and needy. It is Amma's prayer that at least this small dream be realised."

Mata Amritanandamayi Devi

AMMA'S DARSHAN

Amma's embrace "...allows [people] to experience true, unconditional love. When Amma holds someone it can help to awaken the dormant spiritual energy within them, which will eventually take them to the ultimate goal of Self-realization."

Today thousands upon thousands attend Amma's programs around the world in order to receive her blessings and wisdom as she shares her inspiration with seekers of every kind. Amma spends her days and nights offering *darshan*, or spiritual blessings in the form of a hug. Over 27 million people throughout the world have received her *darshan*.

RETREAT DAYS

Each morning of the retreat begins at 7:30am with a half hour guided meditation led by one of Amma's senior disciples. In their gentle and relaxed manner, they suggest ways to deepen our meditation practice.

Following the meditation and breakfast, Swami Amritaswarupananda gives a class. These classes offer a unique opportunity to learn more about Amma's teachings from someone who has lived in her presence for several decades. The classes are interspersed with wonderful personal anecdotes and stories.



On the evening of the second retreat day, Amma leads a meditation for all the retreatants. Whenever possible (weather and location permitting), the meditation is held outdoors. Following the meditation, Amma holds a special Question and Answer session. This is an opportunity to ask Amma about our spiritual practices or whatever is on our minds.

After the evening meditation described above, Amma serves each of us dinner. A meal received from a Mahatma is considered prasada, which means that it is infused with Amma's grace and blessing.

IAM-INTEGRATED AMRITA MEDITATION TECHNIQUESM

A course in the IAM - Integrated Amrita Meditation TechniqueSM will be available during the retreat for those interested.

Born out of Amma's resolve for the spiritual enhancement of her children, this meditation technique helps to channel our energies, so that we can tap into the unexplored realms of our own talents. It also helps one to relax both physically and mentally, and to lead a tension-free life.

These courses are available as a part of all the retreats, with no additional fee for those who are interested. A refresher will also be offered for those who have already completed the IAM meditation course. Please register to participate in the meditation course or refresher when you register for the retreat if interested.

Last year Amma created an **IAM for Youth** meditation technique especially for young people. Classes will be offered for two age groups: 10-14 year olds and 15-18* year olds. The course will last approximately 2½ hours - the schedule will only be available at the IAM Table.

Parent's must sign a permission form which can be obtained at the IAM Table.

For more information, please visit the table in the program hall or email iam@ammachi.org

Please pre-register and submit the permission form before the class.

*18 year olds do not need a permission form and have the option of taking this or the standard course.

Times for the IAM course will be available when you check in for the retreat.

RETREAT SCHEDULE

FIRST NIGHT

Registration Begins (continues throughout the evening program)	3:00pm
Dinner	6:00pm or 10:30pm
Orientation	7:30pm
<i>Satsang</i> (spiritual talk) and <i>bhajans</i> (devotional singing) followed by <i>darshan</i>	8:00pm

SECOND DAY

Gentle Morning Yoga *	6:15am-7:15am
Guided meditation, breakfast, class with Swami	7:30am-10:00am
<i>Darshan</i>	10:00am-2:00pm
Lunch	12:30pm-3:00pm
Video of morning class and <i>bhajan</i> class with Swami	3:00pm-5:00pm
Meditation with Amma followed by Q&A	6:30pm
Dinner served by Amma	8:00pm
<i>Satsang</i> and <i>bhajans</i> followed by <i>darshan</i> (darshan only for those who did not receive it in the morning)	9:00pm

THIRD DAY

Gentle Morning Yoga *	6:15am-7:15am
Guided meditation, breakfast, class with Swami	7:30am-10:00am
<i>Darshan</i>	10:00am-2:00pm
Lunch	12:30pm-3:00pm
Video of morning class	3:00pm
<i>Atma Puja</i> (ceremony for world peace)	7:00pm
Dinner begins	8:00pm
<i>Devi Bhava Darshan</i>	8:30pm
Snack Shop	Open all night

* Due to low attendance in the past, we will not have Gentle Morning Yoga during the San Ramon retreat. It will be offered at all other retreats.

SUMMER RETREATS WITH AMMA

HOW TO REGISTER FOR RETREATS



3 Easy Registration Options:

- 1. ON-LINE** (VISA or MasterCard required)
Register online at: www.amma.org
- 2. FAX** (VISA or MasterCard required)
You may print the registration form at the end of this brochure (pages 12 and 13) and fax your completed form including payment information to: 510 217 2286.
- 3. MAIL IN**** (Visa, MasterCard, check or money order required)
You may print the registration form from the end of this brochure (pages 12 and 13) and mail your completed form including payment information to:

**MA Center Retreats
PO Box 613
San Ramon, CA 94583**

**** Please make sure your mail-in registration arrives at MA Center
before June 12, so we receive it before leaving San Ramon!**

Confirmations

If you want a confirmation mailed to you, please be sure to include a self-addressed stamped envelope. Otherwise we will email all confirmations.

Receiving Emails from Us

After completing your registration, acknowledgment and confirmation emails will be sent from retreats@amma.org or retreatsadmin@ammachi.org.

Please add these addresses to your address book so that you can receive these important emails. Some providers such as AOL and Earthlink have a Spam Guard feature which sometimes blocks our emails. In that case, you will need to add these email addresses to your safe sender list to allow you to receive these important emails.

SUMMER RETREATS WITH AMMA

RETREAT FIVE: MARLBOROUGH, MA



July 16 - 18, 2009

Royal Plaza Hotel and Trade Center

181 Boston Post Road West
Marlborough, MA 01752
Phone: 508 460 0700

The spacious Trade Center is the site for both the Boston Public Programs and the Northeast Retreat. The Royal Plaza hotel will accommodate those wishing to attend the programs. The property has a beautiful pond, woods and lawns, creating an idyllic atmosphere for the retreat.

Only 30 minutes from Boston's Logan International Airport and located near the Mass Pike 90/Interstate 495 Interchange, it is easily accessible from Boston and New York City.

This retreat is on Thursday July 16, Friday July 17 and Saturday July 18.

RETREAT HOUSING OPTIONS:

Two options are available for the retreat: "***With Accommodations***" or "***Without Accommodations***". Meals are included with both options. Please indicate your choice on the registration form.

OPTION ONE: With Accommodations

Lodging will be provided at the Royal Plaza Hotel, which is walking distance to the Trade Center.

Registration Fee includes double occupancy lodging for Thursday and Friday nights only. A double occupancy room will have 2 double beds or king bed & rollaway, as available at the time of room allocation.

NOTE: We will make your hotel reservations for the public program nights too when registering you for the East Coast Retreat.

Read about this service below under **Public Program Nights Accommodations. *****

WITH ACCOMMODATIONS CATEGORIES:

Single: For an additional fee, you will have a private room to yourself. You will be assigned a room with a king bed.

Roommate Needed: You will be assigned a roommate of the same sex if you make this selection. Your room will have 2 double beds or king bed & rollaway, as available at the time of room allocation. Your retreat fee will include the cost for your share of the room.

Important considerations for Roommate Needed Category:

By choosing the **Roommate Needed** option, you are requesting us to assign you a roommate of the same gender for all the days you have requested. You also acknowledge that you understand that you are **NOT** allowed to **invite** anyone (including friends and/or family members) to stay in this room. □

If any rooming charges are incurred as a result of the **violation** of this agreement, you will be held **liable** for the full amount.

If you would like to have the option to invite friends and/or family members into your room, you must **NOT** choose the Roommate Needed option. Instead you should choose the Single Room option, the Roommate Selected option or the Group option when registering for this retreat.

We will not take roommate requests if you register under this category (choose **Roommate Selected** if you want that option).

You will be assigned a roommate for all of the nights you register for, not just the retreat nights if you choose this option. You will be charged only for your half of the extra room nights and your roommate will be charged the other half.

However, if we are not able to match you with a roommate for any of the extra nights you request, we may have to upgrade you to a single room for these nights and charge you the full room rate for the single nights. We will contact you in advance if this happens.

You may be required to change rooms on the first day of the retreat if you have requested additional rooms prior to the retreat and we were unable to match you with a roommate.

Please be aware that some people snore or have habits that may not match yours. If this matters to you, you should consider finding your own roommate to register with (Roommate Selected) or selecting a Single room. **We cannot make roommate changes.**

Similarly, please consider finding your own roommate to register with or a single room if you know that you may disturb others.

Roommate Selected: You and your roommate must register for the same nights and on the same registration form in order for us to put you together. Your room will have 2 double beds or a king bed with a rollaway, as available at the time of room allocation. We cannot take two separate payments for this option if you register online.

Couples: You and your partner must register for the same nights and on the same registration form in order for us to put you together. Your room will have one king bed or 2 double beds, as available at the time of room allocation. We cannot take two separate payments for this option if you register online.

Family: You and your family members must register **for the same nights and on the same registration form** in order for us to put you together. Your room will have 2 double beds or king bed and a rollaway, as available at the time of room allocation. We cannot take separate payments for this option if you register online.

Group: A group of 3 or 4 friends must register for the same nights and on the same registration form in order for us to put you together. Your room will have 2 double beds or king bed and a rollaway, as available at time of room allocation. We cannot take separate payments for this option if you register online.

Discounts: Families/Groups up to 4 people **must register together on the same form** and plan to stay together in one room **for the same nights** in order to get the discount. Two adults will be charged the With Accommodation fee; other roommates will be charged the Without Accommodation fee.

*** Public Program Accommodations

For those of you registering for the retreat **“With Accommodations”**, M.A. Center can take your reservation for the public program nights, including Devi Bhava! This way, you will have only one reservation and will no longer have to check-out and re-check-in on retreat registration day or Devi Bhava! When registering, simply select your check-in date and check-out date from the drop down menus. These must be consecutive nights that are contiguous with the two retreat nights. When registering in this way, the hotel cost for these additional public program nights is \$116 per room per night.

Additional nights contiguous to the retreat include nights before the retreat, (July 14 and 15) and/or Devi Bhava night (July 18) at the end of the retreat.

How To Select Your Dates When Registering Online:

You will select your check in and check-out dates from **drop down menu**. If you want only the two retreat nights (July 16 and 17), choose July 16 as your check-in date and July 18 as your check-out date. If you want to add July 18 (Devi Bhava night), select July 19 as your check-out date. Similarly, if you want to add any days prior to the retreat nights, make your choice by selecting your desired check-in date using the drop down menu.

Payments: Online retreat registration only accepts one credit card for the total cost of your registration. Some of you who are registering to share a room with family or friends may want to charge your own credit card for just your portion of the retreat fee. In this case, you may print out the registration form, provide two or more credit card numbers (including expiration dates, names on the cards and required signatures), then fax or mail the form. Everyone sharing a room must be on the same registration form.

Important Reminder: The hotels have informed us that you **must use your legal name** (not your spiritual name) when booking accommodations. So, when registering with M.A. Center for a retreat, please be sure to give your legal name. The hotels require this in order to comply with Fire Code laws and **will check that the name on your reservation matches your identification**.

Smoking or Non-Smoking Rooms: If you have a strong preference, please indicate this on the registration form and we will pass on your request to the hotel.

Possible Scenarios for Registering “With Accommodations”

1. Occasionally a couple or 2 friends select “With Accommodations” for the retreat but only one person needs a room during the public program days. If this is the case, simply choose the days needed for the person staying the extra days. The non-retreat night charge will be listed separately for you to see the breakdown. Even if one of you is planning to stay for fewer nights than the other, you still need to pay the complete rate for the room for each night. M.A. Center will not provide you with another roommate for the nights you choose to stay as a single.
2. You want to share a room with one friend for the retreat, and a different friend for the public program nights. You will need to register with the friend that you will share with during the retreat and select the additional nights you would like (see #1 above). You can always invite your other friend to stay for those public program nights but they will not be added to our rooming list and must vacate for the retreat nights.
3. You want to register and share a room with your friend but he/she is not ready to commit to the retreat. You don’t want to wait, but under the new system you have to register together in order to share a room. What should you do?

Your options are:

- a. Register as **Roommate Needed** and we will match you with another person.
 - b. Wait for your friend and then register together as **Roommate Selected**.
 - c. Register for **Single** if this is the option you would choose if your friend doesn’t attend. Then you can invite him/her to stay with you if they do register at a later time. If you choose this option, your friend should simply register “Without Accommodations” as they will not be added to the rooming list. Also note that you will be in a single room which will probably be a king room. You may request a rollway from the hotel if this is the case, which may include an additional fee to be paid by you directly to the hotel.
4. You and your friend want to register as Roommate Selected but want to pay separately, not on the same credit card. You can print the registration form, provide two credit card numbers (including expiration dates, names on the cards and required signatures), then fax or mail to us. Please be sure to use only one form.
 5. You want a room for the first night of the public programs, but it is not contiguous to (directly before or after) the retreat nights. You will need to reserve this room directly with the hotel. There is a block of rooms set aside for those who need rooms for only these nights, not the retreat nights. This block is called “Prema Rooms” be sure to ask for this specifically.

Cancellation what if:

What if you registered as Roommate Selected or Couple but one of you needs to cancel (and one will still attend) before the cancellation deadline?

On your cancellation notice let us know if we should assign the one still attending the retreat a random roommate of the same sex to share your room or upgrade you to a single room. Your selection will affect the amount that will be refunded for the cancellation, (a single room costs more than a shared room – see Retreat Fees and also Cancellations for more info).

If the person attending the retreat chooses to share with a random roommate, we will make every attempt to assign one to you but cannot guarantee this especially as we get closer to the retreat. If we cannot fill the space or it is past the hotel cancellation deadline, it will be considered a single room and the refund will be adjusted accordingly.

OPTION TWO: Without Accommodations

Make this selection when registering if you have arranged for your own accommodations elsewhere.

You can find additional hotel and local information at <http://www.amma.org>.

Additional hotels will be listed which are convenient to the program site if the “With Accommodations” option is no longer available.

Unaccompanied Minors

Children 17 and under who attend a retreat without their parents **MUST** provide a signed “Temporary Legal Guardianship” form, available at: www.amma.org/guardian. Please be sure to include this form with his/her registration form — we cannot process the registration without it. Also, if choosing the “With Accommodations” option, the child and guardian must stay together.

Payment:

Full payment must be received in order to process your registration.

- You may pay with Visa, MasterCard, check or money order if you are registering by mail.
- You may only pay with Visa or MasterCard if you are registering by fax or online
- The check or money order must be in US dollars and drawn on a US bank.
- In order to cover bank charges, please add US\$5 for Canadian money orders
- There is a \$25 fee for returned checks.
- Please make all payments to - M A Center

Registration fees increase \$40 per person at midnight on July 14, so please be sure to register before then to get the reduced rates.

We are sorry, but no work exchange is available. Everyone gets to participate in doing Seva (selfless service) as part of his or her retreat experience!

Cancellations and Changes:

Cancellations must be made in writing and received no later than 48 hours prior to the retreat.
Fax: 510-217-2286 or email: retreats@amma.org

Please note the following:

- There will be a \$35 per person retreat cancellation fee.
- All changes from **"With Accommodations"** to **"Without Accommodations"** will be charged a \$10 fee per registration.
- No refunds will be made if canceling after the 48-hour deadline.
- Credit card refunds can only be made to the account charged for the original registration.
- Transferring between retreats is treated as a cancellation and requires that you pay the \$35 fee. You will need to cancel the retreat you will not attend and register for the retreat of your choice.
- The hotel will not refund the accommodations charges after June 13.
- If we have to pay for your hotel room we will not be able to refund that portion of your registration fee, even if you cancel before the 48-hour deadline.
- Any remaining balance after these charges will be refunded in August.
- No refund of any portion of the registration fee is available for late arrivals or early departures.

Hotel Cancellation Deadlines:

The hotel cancellation deadline for this retreat is June 13. The hotel portion of your registration will not be refunded if you cancel after this date. This includes any additional nights you have requested.

General Directions:

Best Western Royal Plaza Hotel & Trade Center

181 Boston Post Road West/Rt. 20 West Marlborough, MA 01752

www.rplazahotels.com

Driving

Take exit 24B off of Interstate 495 (near the Mass Pike Interchange). The Trade Center and Hotel are one mile on your right. Follow the access road up to the hotel.

Directions from your home or the airport can be obtained at either www.mapquest.com or maps.yahoo.com.

Public Transportation from NYC, Penn Station

You will need to take Amtrak, along with the Commuter Rail (MBTA) and a taxi to the hotels and Trade Center.

Amtrak From Penn Station NYC – to South Station Boston

<http://www.amtrak.com/servlet/ContentServer?pagename=Amtrak/HomePage>

connect with:

MBTA (Commuter rail) From South Station Boston to site.

Directions

Take the MBTA Worcester/Framingham Commuter Rail and get off at the Southborough Commuter Rail Station.

For schedule and stops information, please visit:

mbta.com/schedules_and_maps/rail/lines/?route=WORCSTER

At Southborough Commuter Rail Station in Southborough Massachusetts you would need to call a Taxi to complete your trip.

Taxi

Taxis are available on a call basis from Southborough Commuter Station to the Trade Center at the Best Western Royal Plaza in Marlborough. We **strongly suggest** that you call a taxi ahead of time to confirm availability and make arrangements.

- Marlboro City Taxi: 508-485-5599
- Assabet Livery (American Way): 508-481-8111/7000
- Tommy's Taxi of Framingham: 508 872-3500
- Zebra Shuttle: (no taxis, only vans) 508-481-7300

Resources

MBTA Traveler's Information Center

The MBTA has a Traveler's Information Center that provides Route and Schedule information for your trip planning. Please call 617-222-3200, or Toll Free: 800-392-6100. Hearing impaired customers may use TTY: 617-222-5146.

For travelers with disabilities, view the Office for Transportation Access for your trip planning: http://www.mbta.com/riding_the_t/accessible_services/?id=7114 for accessibility http://www.mbta.com/schedules_and_maps/rail/lines/?route=WORCSTER for schedule.

FEES:

EARLY REGISTRATION RETREAT FEES – BEFORE MIDNIGHT ON JULY 14		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$320	\$205
Teens 13-17	\$250	\$135
Ages 6-12	\$205	\$90
5 and under	\$175	\$60
Single Occupancy Adult (2 nights)	\$435	

STANDARD RETREAT FEES – AFTER MIDNIGHT ON JULY 14		
<i>Double Occupancy (2 nights)</i>	<i>With Accommodations</i>	<i>Without Accommodations</i>
Adults	\$360	\$245
Teens 13-17	\$290	\$175
Ages 6-12	\$245	\$130
5 and under	\$175	\$60
Single Occupancy Adult (2 nights)	\$475	

Note: Registration fees increase \$40 per person at midnight on July 14, so please be sure to register before then to get the reduced rates.

Note: If registering through M.A. Center, the hotel room cost for the public program nights is \$116 per night, per room.

RETREAT SEVA

Amma asks everyone to participate in seva to get the full retreat experience. You will be assigned around two hours of seva per retreat. Seva is the Sanskrit word for selfless service, and includes such tasks as chopping vegetables and washing dishes. Kitchen seva requires closed toed shoes.

Help us assign the best seva shift for you by carefully filling out below. Please select all that apply for each registrant:

1. Name: _____

SIGN ME UP FOR ANYTHING NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

2. Name: _____

SIGN ME UP FOR ANYTHING NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

3. Name: _____

SIGN ME UP FOR ANYTHING NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

4. Name: _____

SIGN ME UP FOR ANYTHING NO HEAVY LIFTING NO REPETITIVE MOTION SITTING SEVA CAN'T DO SEVA

Other Considerations:

- **Limited Time:** Do you have limited time to do Seva? If so, please note below the times you are **NOT** available.

Name(s): _____

- **Special Needs:** Do you have any special needs (bad back, elderly, etc.) which may affect your seva preferences?

Name(s): _____

Specific Seva Times:

If you would like to volunteer for any of these sevas, please provide the names(s) of the person(s) in the allotted space.

- **First Evening Seva:** If you know you will arrive before 4pm on the first day, we may schedule your seva between 4:30 and 8:30pm.

Name(s): _____

- **Early Morning Seva** (Between 6 and 8 am): Keep in mind you may be up late the night before! There will be early bird passes for the first night of the retreat so you can have darshan and get to bed early. Bring an alarm clock. For Bay Area Retreat, no hotel shuttles will be available for early morning seva. Please make arrangements for your own transportation at these times.

Name(s): _____

- **Night Owl Seva:** (Between 11pm and 3am)

Name(s): _____

Please note: At this time we are uncertain of the exact number of volunteers we will need. Not everyone who volunteers will receive these seva categories.