

Silent Meditative Retreat

Te Moata Retreat Centre

Tairua, Coromandel

With Br. Shraddhamrita Chaitanya, a monastic disciple
of Sri Mata Amritanandamayi Devi (Amma)



2 – 4 March 2018

\$165 per person (includes vegetarian meals and comfortable accommodation). Special food requirements are charged at \$10.00 extra per day. Check-in from 4pm on Friday. The Retreat starts at 7.30pm and ends Sunday after lunch. The Retreat is open to 18 year olds & above only.

To make any enquiries or to request a Registration Form to book for the Silent Meditative Retreat, please send an email to:

ammasatsangnz@gmail.com

Contact: Patricia 09 483 8486 or 027 340 2595

Retreat address:

Te Moata Retreat Centre
180 Paul Road, Tairua, Coromandel Peninsular
(Off Tairua Whitianga Road, Highway 25)
<http://temoata.org/te-moata/>

Amma New Zealand Incorporated are sponsoring
Br Shraddhamrita Chaitanya's visit to NZ.

This Silent Meditative Retreat reinforces existing spiritual practices and provides the foundation for a lifetime of meditation practice. Connecting with this sacred and ancient wisdom within ourselves brings meaning to life.

Benefits include clarity and strength of mind to achieve your goals, staying centred in an ever-changing world and overcoming stress and tension. Amma's simple technique of breath awareness infused with the MA OM mantras and open observation makes this retreat suitable for all levels of experience in meditation from beginner to advanced. Meditation format alternates between guided meditation, silent sitting and silent walking sessions.

