

IAM - INTEGRATED AMRITA MEDITATION TECHNIQUE®

RELAX

SOCIETY IMPACTS THE CORPORATE CULTURE

The pace of life today is unprecedented in history. Technology continues to develop at an exponential rate, bringing changing lifestyles and raising expectations for instant gratification. Cultural values that helped support the quality of life have in many cases eroded. People everywhere are experiencing increased stress which contributes to anxiety, inefficiency and ill health. Even with good intentions, these effects of stress often cause people to behave negatively, restricting the flow of love among individuals, families and communities. Although many parts of the world enjoy great material comfort and affluence, people are increasingly searching for peace of mind and inner happiness.



VALUE OF MEDITATION

From ancient times, meditation and yoga have been found to be effective tools in reestablishing inner balance, clarity and peace of mind.

The technique is unique in offering an integration of gentle yoga exercise with an effective and easy to practice meditation technique. It can be comfortably performed by anyone in just 20 minutes per day. It's free and available to everyone.

This meditation technique, which has been taught for many years by Amma, who is recognized internationally for her compassionate aid and charity to the needy. Amma was awarded the Gandhi King award at the United Nations, among other awards, in recognition of her selfless service and humanitarian ideals.

RESEARCH SHOWS THE BENEFIT OF MEDITATION

- Improve mental clarity and inner peace
- Reduce stress and anxiety
- Increase energy levels.
- Reduce anger and frustration
- Increase patience
- Improve relationships
- Improve learning ability
- Increase productivity and efficiency
- Improve mind body coordination
- Improve health and well being
- Reduce blood pressure
- Improve blood chemistry and circulation

PROGRAMS AND LOCATIONS

Courses are held around the country at various times during the year. The technique can be learned in as little as an afternoon.



A special course for groups and organizations if offered where 10 or more employees or organization members will participate.

CONTACT INFORMATION

RENEW

