



Dear Registrant for the IAM Training in Madison, WI

Saturday, May 5, 2012 8:30 am to 5 pm

Friends Meeting House, 1704 Roberts Court, Madison, WI 53711 (One block from Trader Joe's grocery store on Monroe Street; see map below)

Please note :

- ♥ You must attend the entire training.
- ♥ You must sign a confidentiality form before beginning the training.

Please bring with you to the IAM Training:

- ♥ Pillow or aasana to sit on (and something to support your knees during meditation-optional)
- ♥ Thin mat for exercises
- ♥ A blanket to cover yourself during relaxation exercises
- ♥ Comfortable clothes to do relaxation exercises
- ♥ Pen and paper for notes (optional)
- ♥ Your own water container

Please arrive by 8:15 am on Saturday, May 5, 2012. We would like to start the training by 8:45 am.

NOTE : There is a small public parking lot on Monroe Street near the training venue. Some street parking may be available nearby. Please allow yourself some time to find a suitable parking place.

- ♥ A mid-morning and mid-afternoon snack will be provided, and a light vegetarian lunch will also be provided around 12:30pm.
- ♥ There will also be a book shop available with a variety of Amma books and CDs.
- ♥ May you have a blessed experience!

♥ Aum Amriteshvaryai Namah ♥

DIRECTIONS TO FRIENDS MEETING HOUSE



FRIENDS MEETING HOUSE IS ABOUT ONE BLOCK FROM TRADER JOE'S GROCERY STORE ON
MONROE STREET