

## Asia-Pacific Retreat with Swami Amritaswarupananda Puri

**Venue:** Changi Cove, 351 Cranwell Rd,  
Singapore 509866

**Dates:** Fri, Mar 29, 2024 – Sun, Mar 31, 2024



### Asia-Pacific Spiritual Retreat

The first-ever Asia-Pacific Spiritual Retreat for Amma's devotees will be held this year over the Good Friday weekend. The retreat will primarily be an occasion to recharge one's spiritual batteries through a combination of guided yoga and meditation practices, spiritual discourses, and question-and-answer sessions. Additionally, there will be cultural programs and games that ensure that the retreat is fun as well. Swami Amritaswarupananda Puri (Swamiji), the most senior sannyasi disciple of Amma, Sri Mata Amritanandamayi Devi, will lead the retreat.

This retreat will also offer a golden opportunity for devotees from countries in the Asia Pacific—including Singapore, Malaysia, Indonesia, Thailand, the Philippines, Australia, New Zealand and the People's Republic of China—to meet and network. Under Swamiji's guidance, we hope to forge new ways to further Amma's mission in this region and collaborate with each other on various activities.

### About Amma

Amma ('Mother'), as Sri Mata Amritanandamayi Devi is affectionately called by her followers, is a world-renowned spiritual leader. She has dedicated her life to spreading the message of peace, unconditional love and selfless service. Since 1987, Amma has been travelling to countries across the globe, embraced more than 40 million people, and inspired them by her pure compassion and spiritual wisdom.

Amma is the founder of 'Embracing the World,' a global network of charitable organizations that provide food, shelter, healthcare, education and livelihood to the poor and needy. She has started schools and universities that emphasize value-based education, and hospitals that offer cutting-edge yet affordable medical care. Her organization, the Mata Amritanandamayi Math (M.A. Math), has provided relief and rehabilitation services in India and abroad, and spearheaded efforts in environmental cleanliness and nature conservation.

## About Swamiji

Swami Amritaswarupananda Puri (Swamiji) is Amma's most senior monastic disciple, Vice-Chairman of the M.A. Math, and President of Amrita University. He is also the distinguished author of Amma's biography; *The Colour of the Rainbow*, a book on compassionate leadership; and *The Irresistible Attraction of Divinity*, a reflection on his experiences with Amma. Swamiji has also compiled 10 volumes of devotees' conversations with Amma. A versatile composer and captivating singer, his rendition of bhajans have enthralled devotees for decades. Swamiji holds a Master's degree in Philosophy.

### Day 1: Friday, March 29th, 2024

- 8:00 am: Registration and Check-in
- 9:00 am: Breakfast
- 10:30 am - 11:30 am: Opening Session
- 11:30 am - 11:45 am: Refreshments
- 11:50 am - 12:20 pm: Briefing retreatants on retreat schedule
- 12:30 pm - 2:30 pm: Lunch and rest
- 2:30 pm - 3:10 pm: IAM / IAM Refresher
- 3:15 pm - 4:00 pm: Q&A
- 4:00 pm - 4:30 pm: Tea break
- 4:45 pm - 5:10 pm: Meditation
- 5:15 pm - 6:00 pm: Satsang
- 6:15 pm - 7:45 pm: Bhajans, Arati and Closing Prayers
- 8:00 pm: Dinner
- 9:00 pm - 10:15 pm: Cultural Program and Games

### Day 2: Saturday, March 30th, 2024

- 5:30 am - 6:30 am: Archana (Amma's *Aṣṭottaram* and *Lalitā Sahasranāma*)
- 6:30 am - 6:45 am: Tea
- 6:45 pm - 7:30 am: Silent Meditation
- 7:30 pm - 9:00 am: Amrita Yoga
- 9:00 am: Breakfast
- 10:00 am - 11:00 am: Satsang
- 11:00 am - 11:15 am: Refreshments
- 11:15 am - 12:15 pm: IAM / IAM Refresher
- 12: 30 pm - 2:30 pm: Lunch and rest
- 2:30 pm - 3:10 pm: Bhajan Class
- 3:15 pm - 4:00 pm: Q&A
- 4:00 pm - 4:30 pm: Tea break
- 4:45 pm - 5:10 pm: Meditation
- 5:15 pm - 6:00 pm: Satsang
- 6:15 pm - 7:45 pm: Bhajans, Arati and Closing Prayers
- 8:00 pm: Dinner
- 9:00 pm - 10:15 pm: Cultural Program and Games

### Day 3: Sunday, March 31st, 2024

- 5:30 am - 6:30 am: Archana (Amma's *Aṣṭottaram* and *Lalitā Sahasranāma*)
- 6:30 am - 6:45 am: Tea
- 6:45 pm - 7:30 am: Silent Meditation
- 7:30 pm - 9:00 am: Amrita Yoga
- 9:00 am: Breakfast
- 10:00 am - 10:45 am: Satsang
- 10:45 am - 11:00 am: Refreshments
- 11:00 am - 12:00 pm: Q&A
- 12:05 pm - 12:15 pm: Vote of Thanks
- 12:20 pm - 12:30 pm: Photoshoot
- 12:30 pm - 1:00 pm: Lunch & Checkout