

The Chair in Hindu Studies at Concordia Presents:

# "BEYOND THE MIND"

A Talk and Q&A with Gurumatha Amma

Friday, August 12, 2016 — 7:00 to 9:30 pm  
Room H-767 Hall Building  
1455 de Maisonneuve West

Her Divine Grace Gurumatha Amma embodies motherly affection and unconditional love. She has been imparting knowledge of Self-Realization to thousands of people in India and abroad. In this talk, Amma will expound on what meditation means for true mental, physical and spiritual wellbeing. A Q&A will follow.

Amma teaches Meditation, Yoga, Sanskrit, Vedic Studies, and Ayurvedic Medicine at her ashram, Sridhara Sri Gudda, in Bangalore.

Come experience her light in person.



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