

DIVE WITHIN.  
LET'S LISTEN,  
REFLECT & GROW!

**AYUDH**

Awaken Youth; Unite for Dharma

(International Youth wing of Mata Amritanandamayi Math)

# THE SCIENCE OF SPIRITUALITY

## AYUDH Goa Youth Retreat

Date: 15 December 2019

Time: 9am – 6pm

Venue: Auditorium, SS Dempo College  
of Comm. & Economics, Cujira.

**FREE**

for youth 15 - 35 years



@ayudh.in

”

Spirituality is the science that teaches us  
how to live happily in the world.

– Sri Mata Amritanandamayi Devi (Amma)

**Talks  
Meditation  
Lunch  
Q & A  
Bhajans**

Register now at



<https://www.ayudh.in/event/goa-retreat>

Contact:

Shaktiprasad - 8262867839

Binal S Kumar - 8329348771



**AMRITA**  
VISHWA VIDYAPEETHAM