



AMRITA  
Virtual Academy

# HOLIDAY REUNION

*One World, One family*

*Four weeks of celebration, self-reflection, service, and upliftment.*

**Weekly Schedule: Choose As Many As You Like!**

## **WEEK 1: GIVING AND SERVING**

*December 13 - 19*

### **LIVE SESSION 1: Joy of Sharing**

Special message by Swami Shantamritananda Puri

This 90 min session will

feature speakers from various service projects &  
show how and where you can get involved.

**December 13, 2020**

8:30 AM PST | 11:30 AM EST | 10:00 PM IST

### **Week 1 Workshops**

**Grow & Serve:** Introduction to Community Gardening with  
Amritaculture & Greenfriends Australia

**Pray & Eat:** Chant and study the *Bhojan Mantra* (food prayer)  
with Br. Ramanandamrita Chaitanya, MA Center East Coast

**Holiday Treat Making:** Learn to make Indian snacks (Chai, Samosa & Bhaji)  
with Amma's European Tour chefs, Lavan & Sneha, Amma Europe

**Eco-Gift Making:** Move towards a zero-waste holiday with gifts made and  
wrapped in recycled materials, guided by the Amritapuri Ecology Center

**Hanukkah Dance:** Take part in the festivities, as Amritapuri residents celebrate  
the Jewish "Festival of Lights" through traditional song and dance





## WEEK 2: JOYFUL CELEBRATIONS

*December 20 - 26*

### LIVE SESSION 2: “Birth of a Mahatma” Satsang

with Swami Purnamritananda Puri

December 19, 2020 | 9:00 AM IST

Dec 18, 2020 | 7:30 PM PST | 10:30 PM EST

### Special Live Event:

**Christmas Day Puja with Swami Dayamritananda Puri**

December 25, 2020: 11 am PST | 2 pm EST | 8 pm CET (Europe)

Live on YouTube: <https://www.youtube.com/c/MACenterSanRamon/>

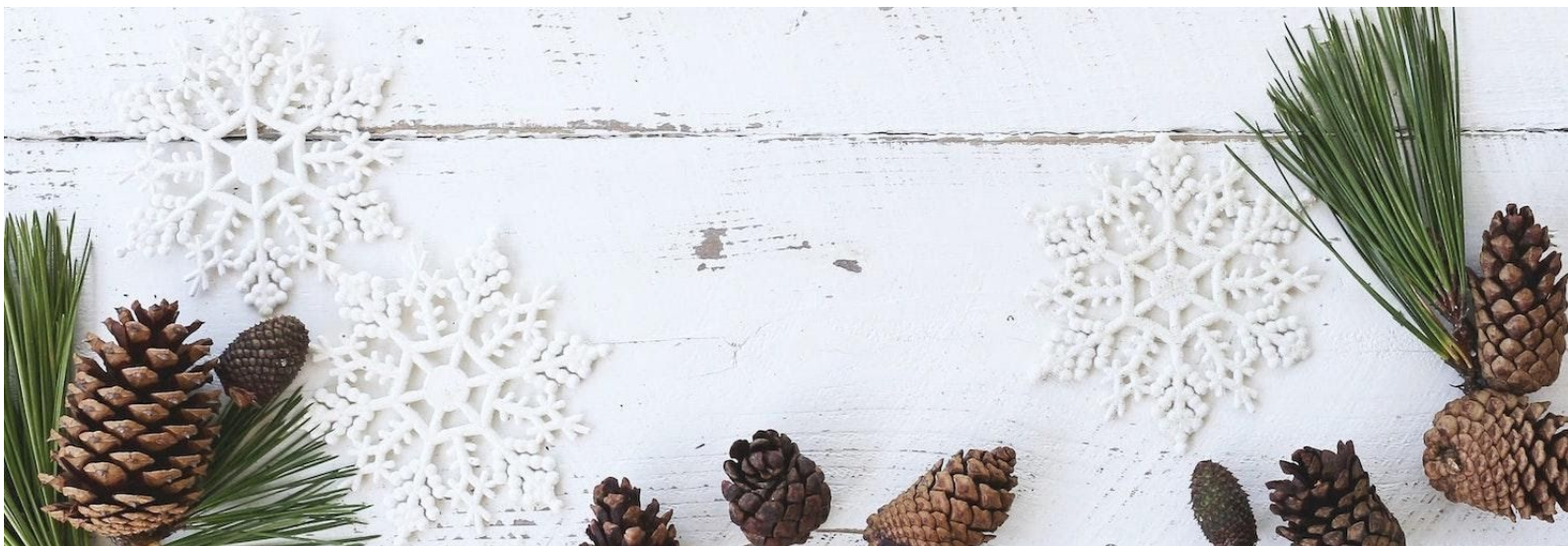
### Week 2 Workshops

**Grow & Serve:** Planning Your Community Garden,  
with Greenfriends Australia

**Sacred Singing:** Learn the sacred Christian peace hymn,  
“Dona Nobis Pacem” - the Latin *Lokaha Samastaha Sukhino Bhavantu* -  
with vocal artist Tanmayi, Amma Center Netherlands

**Holiday Treat Making:** Learn to make the Amritapuri  
Chocolate Christmas Cake (conventional and vegan)  
with Apoorva, Amritapuri resident baker

**Amritapuri Christmas Play:** Amritapuri residents present the play  
*Walking Beside Us*. Go behind the scenes and hear  
never before shared experiences from around the world.



## **WEEK 3: UNITY AND HARMONY**

*December 27 - December 31*

**LIVE SESSION 3: Satsang**

with **Swami Shubhamritananda Puri**

**Dec 27, 2020 | 10:30 PM IST | 9:00 AM PST | 12:00 PM EST**

**Grow & Serve:** Planting and Growing for  
Mother's Kitchen, with Greenfriends Australia

**Garland of Gratitude:** Devotee experiences from around the world  
with Swamini Ambikamrita Prana and Bri. Sandramrita Chaitanya

**Sacred Dance:** Delve into the sacred art of Bharatanatyam,  
South India's ancient classical dance, with dance expert Nadasri, Amritapuri

**Devotional Art:** Learn to make colorful Rangoli designs,  
a sacred artform for festivals in India, with Bri. Lakshmiprabha, Amritapuri

**Health & Wellness:** Learn acupressure points for wellness  
with certified acupressure instructor Purna, Amritapuri

**Holiday Treat Making:** Make delicious sweet prasad (offerings)

- Kerala Payasam and North Indian Kheer prasad -  
with Lakshmi & Madhusmita, MA Center Chicago

**New Year Tradition:** Learn about the traditions of  
Le Centre Amma – Ferme du Plessis (Paris, France)

with Swamini Amritajyoti Prana



## **WEEK 4: REFLECTIVE NEW YEAR**

*January 1 - January 9*

**LIVE SESSION 4: “New Year, Fresh Start” Satsang**

with Swami Atmananda Puri

**January 3, 2021 | 11:00 AM IST |**

**Jan 2, 2021 | 9:30 PM PST**

**Grow & Serve:** Bearing Fruit: Serving Community-grown meals to shelters, with Greenfriends Australia

**Myofascial Stretching:** Discover the simple & powerful practice of myofascial stretching to balance the body and mind, with wellness expert Nirmala, Amritapuri

**Ayurvedic Principles:** A Monk’s Diet: Ayurvedic principles for healthy eating with Bri. Amrita Chaitanya, Amritapuri

**Health & Wellness:** Start your New Year with healthy recipes such as Kitchari and vegan Bliss Balls from MA Center Chicago

**Walk of Love:** Personal stories from this 9,000km, Pan-Europe charity walk

**New Year Reflection:** Start your New Year with focus and reflection through Amma’s teachings.

*Holiday Reunion:  
One World, One Family*



Sign up: [amritavirtualacademy.com/holiday](https://amritavirtualacademy.com/holiday)



# AMRITA Virtual Academy

Learn. Grow. Evolve.

## *About Amrita Virtual Academy*

Amrita Virtual Academy is an initiative to take the unique talent, know-how and wisdom that exists around Amma, and make it available to a broader audience, via online platforms.

What makes AVA different is that all the content is inspired by Amma, her teachings and the example of her life of selfless service. Thus, the content is based on Amma's core values of service to the needy, world peace through inner peace, and living in harmony with Mother Nature.

The AVA is especially valuable to those who cherish Amma's core teachings and seek to practice them in their daily life.

All of the instructors are volunteers and the proceeds go towards Amma's charitable activities worldwide.



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