



Self Realization Meditation Healing Centre Michigan, USA Course Program 2012

Something of value for everyone

	<i>January</i>
Relaxation for Body, Mind & Spirit day	2
Pure Meditation Foundation class	2
Preventing Burnout – two day Course	14-15
Gentle Yoga Weekend	21-22
Pure Meditation Foundation class	21
Transformational Healing Retreat	27-29
	<i>February</i>
Rest & Relaxation Retreat	11-12
Life Skills and Relaxation class	11
Peace & Quiet Weekend	25-26
Pure Meditation Foundation class	25
	<i>March</i>
Pure Meditation Course	11-17
Relaxing Yoga for Home Practice morning	31
	<i>April</i>
Pure Meditation Foundation class	6
Easter Celebration Silent Retreat	6-8
Easter Meditation Gathering 10:15 am	8
Relaxation for Body, Mind & Spirit day	21
Pure Meditation Foundation class	21
	<i>May</i>
Gentle Yoga Weekend	5-6
Pure Meditation Foundation class	5
Natural Spiritual Healing Course Group E Weeks 1 & 2	27-June 8
	<i>June</i>
Pure Meditation Foundation class	15
Silent Retreat	15-17
Rest & Relaxation Retreat	30-July 1
Life Skills and Relaxation class	30
	<i>July</i>
Transformational Healing Retreat	13-15
Preventing Burnout – two day Course	18-19
Relaxing Yoga for Home Practice morning	21
Peace & Quiet Weekend	28-29
Pure Meditation Foundation class	28

	<i>August</i>
Pure Meditation Course	12-18
Transformational Healing Retreat	31-Sept 2
Pure Meditation Foundation class	31
	<i>September</i>
Initiation and Renewal (at Mother Centre)	8 & 9
Rest & Relaxation Retreat	15-16
Life Skills and Relaxation class	15
Progressive Counselling Refresher	27
Animal Healing – two day Course	29-30
	<i>October</i>
Spiritual Knowledge & Philosophy Exploration with an International Teacher	1, 4 & 8
Natural Spiritual Healing Refresher	2-3
Pure Meditation Refresher	6-7
Pure Meditation Foundation class	19
Silent Retreat	19-21
Preventing Burnout – two day Course	27-28
	<i>November</i>
Relaxation for Body, Mind & Spirit day	3
Pure Meditation Foundation class	3
Peace & Quiet Weekend	17-18
Pure Meditation Foundation class	17
	<i>December</i>
Gentle Yoga Weekend	1-2
Pure Meditation Foundation class	1
Pure Meditation Foundation class	24
Christmas Celebration Silent Retreat	24-27
Christmas Meditation Gathering 10:15 am	25
New Year's Retreat	31-Jan 1
Pure Meditation Foundation class	31

*Weekly Transformation **Hatha Yoga classes** for beginner, advanced and prenatal students are offered throughout the year. Please see the Centre's web site for details of weekly yoga classes, new dates, Open Houses, informal gatherings and recorded **Inspiring Talks by Mata Yogananda.***

- Please ask about a bursary if you cannot afford the full fee -

Course and Retreat Fees:	Including:	Accommodation
	lunch & refreshments	& all meals *☆
Pure Meditation Course	\$495	\$765
One Day Refresher	\$112.50	159.50
Two day Courses and Refreshers	\$225	\$272
Christmas Celebration Silent Retreat		\$175
Easter Celebration Silent Retreat		\$140
Gentle Yoga Weekend		\$115
New Year's Retreat		\$75
Peace & Quiet Weekend		\$75
Personal Retreats and Getaways—please call for pricing		
Relaxation for Body, Mind & Spirit day	\$39	\$86
Relaxing Yoga for Home Practice	\$35	\$82
Rest & Relaxation Retreat		\$75
Silent Retreat		\$140
Transformational Healing Retreat		\$240
Workshops (one day) with dinner	\$115	
with Getaway option		\$189

Diploma courses:

Natural Spiritual Healing Course - 5 weeks over 2 years
Group E weeks 1 & 2 \$990 \$1569.50
For all subsequent payments -please see Handbook
 Professional Training Courses: Supervision/Tutorial \$72/hr

Class Fees:

Life Skills & Relaxation: group class \$30, private \$60
 Pure Meditation Foundation: groups \$40, private \$60
 Spiritual Knowledge & Philosophy Exploration: \$90
 Transformation Hatha Yoga: private class \$60

Retreat Accommodation and Meals Rates*☆:

Per person, per day, includes breakfast:
 shared room \$35
If available: private room \$59
 suite, for 1-3 people, \$105
 Lunch @ \$9.50 Dinner @ \$12
 Sundays ~ light meals @ \$9 each
 Please reserve 24 hours ahead, whenever possible.

* *These will have 6% State taxes added.*

☆ We need to inform you that our delicious home-cooked meals are prepared with Love in our family kitchen, which is not regulated and inspected by the Clinton County Health Dept.

When registering please send full payment—your registration is only confirmed when full payment has been received.

Refund policy: *If you cancel a course or accommodation: with more than six weeks notice we can return all fees except 15%; with more than two weeks notice, we can return the accommodation and meals only (less 15%); with less than two weeks notice the meals only (less 15%). After the commencement of a course, refunds are not given.*

Individually tailored courses and workshops are available at the Centre and can be arranged for schools, businesses, youth & community groups and families. **Continuing support** is available following any course or workshop. If these dates are not possible for you, please contact us, we would be happy to add new dates when possible. **Volunteers** are warmly welcomed and very much needed – please contact us.

Do you yearn for true Peace in your mind and Joy of spirit?

Pure Meditation

including the highest essentials of

Raja and Kriya Yoga

will give you the tools to relax, focus and regain mastery of your mind; to ease away the layers of ego revealing your True Self ~ Lasting Joy; and so much more! With

Mata Yogananda Mahasaya Dharma to Bless and guide you and her teachers ever there to help you, you CAN do it ♡

Professional Services

Please ask about a bursary if you cannot afford the full fee.

Natural Spiritual Healing is a form of energy therapy that can help restore balance, release blocks, recharge your energy, so that health and progress are promoted on all levels – physical, mental and spiritual. People of all ages and walks of life can benefit, and animals, too!

First appointment \$65, thereafter \$55

Children \$25 Animals \$25

Progressive Counselling can help with any of life's situations. It is for anyone who wishes to resolve problems, improve their life, change or choose direction, or understand themselves and others. Individuals, couples, families and business groups can all use Progressive Counselling to progress in any area of life.

First appointment \$75, thereafter \$65

Couples: First \$90, thereafter \$75

Families: Please ask.

Meditation stools hand-made with love and care at this Centre from top quality materials \$260



About the Centre

The Centre is run by a group of professional Healers and Progressive Counsellors who are committed to the highest ideal of unconditional love in all they do. Their aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health and happiness. All are SRMHC Associates.

Pure Meditation is a central part of the life of the Centre and training is offered to a deep level under the guidance of Mata Yogananda Mahasaya Dharma. The Centres worldwide offer Diploma courses in Natural Spiritual Healing, Progressive Counselling and Transformation Hatha Yoga Teacher Training for those wishing to take these skills into their lives or professions. For further information, please contact us.

The Michigan SRMHC is a 501(c)(3) Nonprofit

*Mata Yogananda Mahasaya
Dharma is the Founder and
Spiritual Head of the worldwide
Self Realization Meditation
Healing Centres.*

*Mata Yogananda has devoted
her life to Pure Meditation,
Healing and guiding souls to
Self-Realization*



Books, Videos, CDs and Tapes by Mata Yogananda
are available—please ask for a complete list

Blessings & Ceremonies

for name-giving, births, spiritual marriages or partnerships, and on transition from this life. Blessings for homes ~ for all occasions ~ can be arranged.

Winged Prayer for Healing goes out from the Centre each evening at 9 pm.

**All are welcome to join us for
Silent Prayer and Pure Meditation
6:45 am Mon–Sat, 7:45 am Sunday
8:45 pm Mon–Sat, 7:45 pm Sunday**



Self Realization Meditation Healing Centre

2012 Course Program

for the Michigan Centre

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Sister Centres:

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New Zealand. Ph. 03 359 8507 Fax. 03 359 3430

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Canada Ph (604) 740-0898 Fax. (604) 740-0875

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Contacts worldwide

“As there is duality in life – we must have good and bad times, to appreciate both to their full extent.”

Mata Yogananda Mahasaya Dharma