

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 the Centre from top quality materials \$260



About the Centre

The Centre is run by 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

6:40am Mon–Sat, 7:40am Sunday

8:30pm Mon–Th & Sat; 8:15pm Fri; 7pm Sun



Self Realization Meditation Healing Centre

2013 Course Program

for the Michigan Centre

7187 Drumheller Rd, Bath, MI 48808

Ph: (517) 641-6201 Fax: (517) 641-8336

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www.SelfRealizationCentreMichigan.org

Mother Centre:

Laurel Lane, Queen Camel, Yeovil, Somerset

BA22 7NU, United Kingdom

Phone 01935 850 266 Fax 01935 850 234

Sister Centres:

100 Hightsted Road, Bishopdale, Christchurch,
New Zealand. Ph. 03 359 8507 Fax. 03 359 3430

8904 Armstrong Way, Halfmoon Bay, B.C. VoN 1Y2
Canada Ph (604) 740-0898 Fax. (604) 740-0875

Balangara, Farrer Road West, Mount Wilson, N.S.W.
2786 Australia Ph. 02 4756 2042 Fax. 02 4756 2044

Contacts worldwide

“We find Peace through adversity
sometimes, in fact quite often....”

Mata Yogananda Mahasaya Dharma



Self Realization Meditation Healing Centre Michigan, USA Course Program 2013

Something of value for everyone

	<i>January</i>
Gentle Yoga Weekend	12-13
Pure Meditation Foundation class	12
Seva Day ~ giving & receiving	21
Relaxation for Body, Mind & Spirit day	26
Pure Meditation Foundation class	26
	<i>February</i>
Peace & Quiet Weekend	2-3
Pure Meditation Foundation class	2
Preventing Burnout – two day Course	23-24
	<i>March</i>
Pure Meditation Course	10-16
Pure Meditation Foundation class	29
Easter Celebration Retreat	29-31
Easter Message & Satsanga 10:15 am	31
	<i>April</i>
Relaxation for Body, Mind & Spirit day	13
Pure Meditation Foundation class	13
Natural Spiritual Healing Gp E week 1	21-27
	<i>May</i>
Rest & Relaxation Retreat	4-5
Life Skills & Relaxation class	4
Pure Meditation Foundation class	17
Silent Retreat	17-19
Relaxing Yoga morning	25
	<i>June</i>
Peace & Quiet Weekend	1-2
Pure Meditation Foundation class	1
Seva Day ~ giving & receiving	29
	<i>July</i>
Transformational Healing Retreat	5-7
Seva Day ~ giving & receiving	13
Pure Meditation Course	21-27

	<i>August</i>
Natural Spiritual Healing Gp E week 2	18-24
	<i>September</i>
Initiation and Renewal (at Mother Centre)	7 & 8
Kriyaban Retreat Day	27
Pure Meditation Refresher	28-29
Spiritual Knowledge & Philosophy Exploration with an International Teacher: evenings 7-8:15pm	30 & Oct 2,7,9
	<i>October</i>
Progressive Counselling Refresher	1
Natural Spiritual Healing Refresher	3-4
Animal Healing – two day Course	5-6
Pure Meditation Foundation class	11
Silent Retreat	11-13
Pure Meditation Course	20-26
Make a Difference Seva Afternoon	26
	<i>November</i>
Transformational Healing Retreat	9-11
A Morning for Giving Thanks	23
	<i>December</i>
Relaxation for Body, Mind & Spirit day	14
Pure Meditation Foundation class	14
Pure Meditation Foundation class	24
Christmas Celebration Retreat	24-27
Christmas Message & Satsanga 10:15 am	25
Pure Meditation Foundation class	30
New Year's Gathering	31-Jan 1

*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.***

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.

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

	Including: lunch & refreshments	Accommodation & all meals *☆
Course and Retreat Fees:		
Pure Meditation Course	\$495	\$765
One Day Refresher	\$112.50	159.50
Two day Courses and Refreshers	\$225	\$272
Christmas Celebration Retreat		\$175
Easter Celebration Retreat		\$140
Gentle Yoga Weekend		\$115
New Year's Gathering		\$136
Peace & Quiet Weekend		\$75
Personal Retreats and Getaways—please call for pricing		
Relaxation for Body, Mind & Spirit day	\$39	\$86
Relaxing Yoga morning	\$35	\$82
A Morning for Giving Thanks	\$35	
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 \$1530

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 \$60, private \$80
Spiritual Knowledge & Philosophy Exploration: \$120
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.*