



Self Realization Meditation Healing Centre Michigan, USA Course Program 2014

Something of value for everyone

	January		August
New Year's Gathering	Dec 31-Jan 1	Relaxation for Body, Mind & Spirit day	2
Pure Meditation Foundation class	1	Pure Meditation Foundation class	2
Peace & Quiet Weekend	18-19	Natural Spiritual Healing Gp F week 2	17-23
Pure Meditation Foundation class	18	Preventing Burnout – two day Course	30-31
Seva Day ~ giving & receiving	20		
	February	Initiation and Renewal (at Mother Centre) 6 & 7	September
Technology Free Weekend	1-2	Kriyaban Retreat Day one day Course	26
Life Skills & Relaxation class	1	Pure Meditation Refresher	27-28
Relaxation for Body, Mind & Spirit day	15	Creating Families 2-Evenings	29 & Oct 1
Pure Meditation Foundation class	15	Progressive Counselling Refresher	30
	March		October
Pure Meditation Course	2-8	Natural Spiritual Healing Refresher	2-3
Yoga for EveryBody Weekend	15-16	Animal Healing – two day Course	4-5
Pure Meditation Foundation class	15	Creating Partnerships 2-Evenings	6 & 8
Rest & Relaxation Retreat	29-30	Pure Meditation Course	12-18
Life Skills & Relaxation class	29	Abundance & Energy 4-Evenings	20, 22, 27, 29
	April	Make a Difference ~ Seva Day	25
Pure Meditation Foundation class	18	Pure Meditation Foundation class	31
Easter Celebration Retreat	18-20	Silent Retreat	31-Nov 2
Easter Message & Satsanga 10:15 am	20		November
Natural Spiritual Healing Gp F week 1	27-May 3	Energy & Modern Technology 2-Evenings	3 & 5
	May	Listening & Communication Skills - four day Course	15-16 & 22- 23
Relaxation for Body, Mind & Spirit day	10		December
Pure Meditation Foundation class	10	Pure Meditation Foundation class	24
Preventing Burnout – two day Course	24-25	Christmas Celebration Retreat	24-27
Technology Free Weekend	31-June 1	Christmas Message & Satsanga 10:15 am	25
Life Skills & Relaxation class	31	Pure Meditation Foundation class	30
	June	New Year's Gathering	31-Jan 1
Pure Meditation Foundation class	20		
Silent Retreat	20-22		
Relaxing Yoga morning	28		
Pure Meditation Foundation class	28		
	July		
Transformational Healing Retreat	4-6		
Pure Meditation Course	13-19		

*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 daily meditation times, weekly yoga classes, new classes, Open Houses, informal gatherings and Sunday evening gatherings for a recorded **Inspiring Talk by Mata Yogananda.***

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

	Including:	Accommodation
Course and Retreat Fees:	lunch & refreshments	& all meals * ☆
Pure Meditation Course	\$495	\$765
One Day Courses and Refreshers	\$112.50	159.50
Two day Courses and Refreshers	\$225	\$272
Four day Courses	\$450	\$544
Christmas Celebration Retreat		\$175
Easter Celebration Retreat		\$140
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
Rest & Relaxation Retreat		\$75
Silent Retreat		\$140
Technology Free Weekend		\$75
Transformational Healing Retreat		\$240
Yoga for EveryBody Weekend		\$115

Diploma courses:

Natural Spiritual Healing Course - 5 weeks over 2 years
Group F weeks 1 & 2 \$990 \$1530

For all subsequent payments -please see Handbook

Professional Training Courses: Supervision/Tutorial \$72/hr

Class Fees:

2-Evening classes: \$60

4-Evening classes \$120

Life Skills & Relaxation: group class \$30, private \$60

Pure Meditation Foundation: groups \$60, private \$80

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

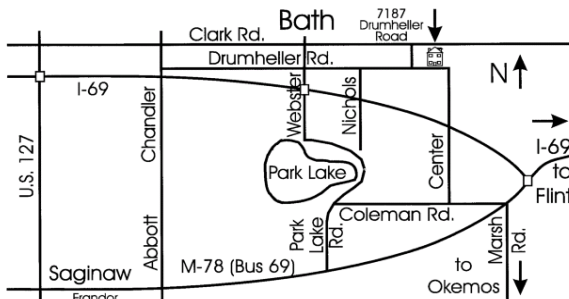
Progressive Counselling can help with any of life's situations. It is for anyone who wishes to resolve problems, improve their life, change or choose direction, or understand themselves and others. Individuals, couples, families and business groups can all use Progressive Counselling to progress in any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

2014 Course Program

for the Michigan Centre

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Contacts worldwide

"We must

Think, Hope

and Have Faith

To move mountains"

Mata Yogananda Mahasaya Dharma