



Self Realization Meditation Healing Centre

Michigan, USA Course Program 2015

Something of value for everyone

	January
New Year's Gathering	Dec 31-Jan 1
Pure Meditation Foundation 4 eves.	8, 15, 22, 29
Technology Break Retreat	17-18
Relaxing Yoga morning	31
Pure Meditation Foundation class	31
	February
Relaxation for Body, Mind & Spirit day	14
Pure Meditation Foundation class	14
Preventing Burnout – two day Course	28-March 1
	March
Relaxing Yoga morning	13
Pure Meditation Foundation class	13
Pure Meditation Course	15-21
	April
Easter Celebration Retreat	3-5
Easter Message & Satsanga 10:15 am	5
Conquer Exam Stress with Relaxation 2 eves.	16 & 23
Peace & Quiet Weekend	25-26
Pure Meditation Foundation	25
Pure Meditation Course	26-May 2
	May
Relaxation for Body, Mind & Spirit day	9
Pure Meditation Foundation class	9
Pure Meditation Foundation class	22
Silent Retreat	22-24
	June
Technology Break Retreat	6-7
Pure Meditation Foundation 4 eves.	11, 18, 25, Jul 2
Stretch, Breathe & Relax day	20
Life Skills & Relaxation class	20
	July
Transformational Healing Retreat	10-12
Pure Meditation Course	19-25

	August
Natural Spiritual Healing Gp F week 1&2	2-15
	September
Initiation and Renewal (at Mother Centre)	5 & 6
Seva~Volunteering Week giving and receiving	14-19
Open House 10:30 am – 4:30 pm	19
Being Still & Mindful for 5-12 yr olds	19 & 20
Pure Meditation Refresher	26-27
Kriyaban Retreat Day one day Course	28
	October
Natural Spiritual Healing Refresher	1-2
Animal Healing – two day Course	3-4
Pure Meditation Course	18-24
Listening & Communication Skills - four day Course	26-29
Progressive Counselling/Coaching Course	
Gp A weeks 1, 2 & 3	26-Nov 7
	November
Pure Meditation Foundation class	20
Silent Retreat	20-22
	December
Nurturing Retreat	5-6
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** 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, Community Potlucks and Sunday evening gatherings for a recorded **Inspiring Talk by Mata Yogananda Mahasaya Dharma.***

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

	Including:	Accommodation
	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
Being Still & Mindful	no charge	
Christmas Celebration Retreat		\$175
Easter Celebration Retreat		\$140
New Year's Gathering		\$136
Nurturing Retreat		\$145
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
Silent Retreat		\$140
Stretch, Breathe & Relax Day	\$69	\$116
Technology Break Retreat		\$105
Transformational Healing Retreat		\$240

Diploma courses:

Natural Spiritual Healing Course - 5 weeks over 2 years
Group F weeks 1 & 2 \$990 \$1604.50
 Progressive Counselling/Coaching Course –
 7 weeks over 2 years
Group A weeks 2 & 3 \$990 \$1604.50
For all subsequent payments -please see Handbooks
 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
 Pure Meditation Foundation: 4 evenings \$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.

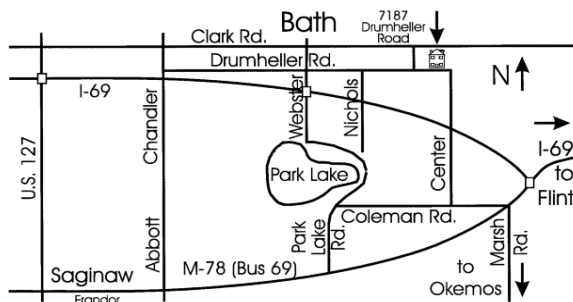
Natural Spiritual Healing is a form of energy therapy that can help restore balance, release blocks, recharge your energy, so that health and progress are promoted on all levels – physical, mental and spiritual. People of all ages and walks of life can benefit, and animals, too!

First appointment \$65, thereafter \$55
Children \$25 Animals \$25

Progressive Counselling/Coaching 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/Coaching 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/Coaches 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/Coaching 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

2015 Course Program

for the Michigan Centre

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Contacts worldwide

"We need
Spiritual Knowledge
To set us free"

Mata Yogananda Mahasaya Dharma