



# Self Realization Meditation Healing Centre Michigan, USA Course Program 2016

*Something of value for everyone*

	<b>January</b>
New Year's Gathering	Dec 31-Jan 1
Pure Meditation Foundation 4 AMs	2, 9, 16, 23
Pure Meditation Foundation 4 eves	6, 13, 20, 27
Relaxation for Body, Mind & Spirit Day	18
Pure Meditation Foundation class pm	18
	<b>February</b>
<b>Pure Meditation Course</b>	<b>5-7 &amp; 12-15</b>
	<b>March</b>
Transformational Healing Retreat	4-6
Stress Relief & Study Tools for Students class pm	9
Peace & Quiet Weekend	19-20
Pure Meditation Foundation class pm	19
Easter Celebration Retreat	25-27
Easter Message & Satsanga 10:15 am	27
	<b>April</b>
Rejuvenating Retreat	2-3
Pure Meditation Foundation 4 eves	4, 11, 18, 25
Natural Spiritual Healing Course Gp G weeks 1 & 2	16-17, 23-24, 30-May 1, May 14-15 & 28-29
	<b>May</b>
Relaxation for Body, Mind & Spirit Day	7
Pure Meditation Foundation class pm	7
Pure Meditation Foundation class pm	20
Silent Retreat	20-22
	<b>June</b>
Relaxation for Body, Mind & Spirit Day	18
Pure Meditation Foundation class pm	18
Rejuvenating Retreat	25-26
<b>Pure Meditation Course</b>	<b>30-July 6</b>
	<b>July</b>
Pure Meditation Foundation 4 AMs	9, 16, 23, 30
Stress Relief & Relaxation for Carers class pm	18

**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.

	<b>August</b>
Peace & Quiet Weekend	6-7
Pure Meditation Foundation class pm	6
Stress Relief & Study Tools for Students class pm	11
	<b>September</b>
<b>Initiation and Renewal</b> (at Mother Centre)	3 & 4
Being Still & Mindful 2 AMs	17-18
Spiritual Knowledge & Philosophy afternoon	23
Spiritual Gathering Evening 8 pm	23
<b>Pure Meditation Refresher</b>	24-25
	<b>October</b>
Animal Healing – two day Course	1-2
Listening & Communication Skills Course	7-10
Progressive Counselling/Coaching Course	16-29
Gp A modules 4, 5, 6	16-29
<b>Pure Meditation Course</b>	<b>30-Nov 5</b>
	<b>November</b>
Pure Meditation Foundation class pm	18
Silent Retreat	18-20
	<b>December</b>
Rejuvenating Retreat	10-11
Christmas Celebration Retreat	24-27
Christmas Message & Satsanga 10:15 am	25
Pure Meditation Foundation class pm	30
New Year's Gathering	31-Jan 1
<b>Weekly Transformation Hatha Yoga classes</b> <i>are offered throughout the year. Please see the Centre's web site for details of daily Pure 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.</i>	

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

	<b>Including:</b>	<b>Shared Room</b>
	<b>lunch &amp; refreshments</b>	<b>&amp; all meals *☆</b>
<b>Pure Meditation Course</b>		\$765
Two day Courses and Refreshers	\$225	
Christmas Celebration Retreat		\$175
Easter Celebration Retreat		\$140
Listening & Communication Skills	\$495	
New Year's Gathering		\$136
Peace & Quiet Weekend		\$75
Personal Retreats and Getaways—please call for pricing		
Rejuvenating Retreat		\$75
Relaxation for Body, Mind & Spirit day	\$39	\$86
Silent Retreat		\$140
Transformational Healing Retreat		\$240

### **Diploma Courses:**

Natural Spiritual Healing Course - 5 weeks over 2 years	
Group G weeks 1 & 2	\$990
Progressive Counselling/Coaching Course – 7 weeks over 2 years, modules 1, 2 & 3	\$1,485
<i>For all subsequent payments -please see Handbooks</i>	
Professional Training Courses: Supervision/Tutorial	\$72/hr

### **Class Fees:**

Being Still & Mindful:	no charge
Life Skills & Relaxation: group class	\$30, private \$60
Pure Meditation Foundation: groups	\$60, private \$80
Pure Meditation Foundation: series of 4	\$80
Spiritual Knowledge & Philosophy afternoon:	\$30
Stress Relief classes: group class	\$30, private \$60
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.

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.*

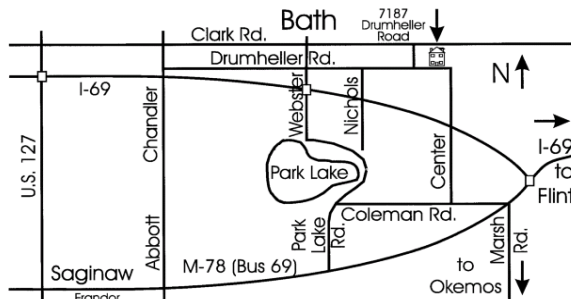
**Natural Spiritual Healing** is a form of energy therapy that can help restore balance, release blocks, recharge your energy, so that health and progress are promoted on all levels – physical, mental and spiritual. People of all ages and walks of life can benefit, and animals, too!

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 ~ please ask



### 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

## 2016 Course Program

for the Michigan Centre

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Contacts worldwide

“Every minute of your life  
is precious”

*Mata Yogananda Mahasaya Dharma*