



# Self Realization Meditation Healing Centre Michigan, USA Course Program 2018

*Something of value for everyone*

<b>January</b>	
New Year's Gathering	Dec 31-Jan 1
Peace & Quiet Weekend	13-14
Pure Meditation Foundation class pm	13
Pure Meditation Refresher	20-21
<b>February</b>	
Natural Spiritual Healing Course Gp H	weeks 1 & 2: 17-18, 24-25, Mar. 3-4, 17-18 & 24-25
Pure Meditation Foundation 4 eves.	6, 13, 27, Mar 6
<b>March</b>	
Pure Meditation Refresher	13-14
Pure Meditation Foundation class am	24
Easter Celebration Retreat	30-Apr 1
<b>April</b>	
Easter Message & Satsanga 10 am	1
Mindful Living – two day Course	14-15
<b>Pure Meditation Course</b>	<b>22-28</b>
<b>May</b>	
Natural Spiritual Healing Refresher	5-6
Pure Meditation Foundation 4 eves.	8, 15, 22, 29
Relaxation for Body, Mind & Spirit Day	12
Pure Meditation Foundation class pm	12
Pure Meditation Foundation class pm	18
Silent Retreat	18-20
<b>June</b>	
Relaxation for Body, Mind & Spirit Day	16
Pure Meditation Foundation class pm	16
<b>Pure Meditation Course</b>	<b>29-July 5</b>
<b>July</b>	
Transformational Healing Retreat	13-15

<b>August</b>	
Tools for Balanced Living – two day Course	4-5
Natural Spiritual Healing Course weeks 1 & 2	5-18
Peace & Quiet Weekend	18-19
Pure Meditation Foundation class pm	18

<b>September</b>	
<b>Initiation and Renewal</b> (at Mother Centre)	<b>1 &amp; 2</b>
<b>Pure Meditation Course</b>	<b>9-15</b>
Progressive Counselling/Coaching Course Gp B	
Module 4, 5, 6 (8 weekends)	29 –Nov 18

<b>October</b>	
Natural Spiritual Healing Course Gp G	
Assessment	9-12

<b>November</b>	
Pure Meditation Foundation class pm	23
Silent Retreat	23-25

<b>December</b>	
Relaxation for Body, Mind & Spirit Day	8
Pure Meditation Foundation pm	8
Christmas Celebration Retreat	24-27
Christmas Message & Satsanga 10:15 am	25
Pure Meditation Foundation class am	31
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 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 -

<b>Including:</b>	<b>Shared Room</b>
<b>Course and Retreat Fees:</b> lunch & refreshments	<b>&amp; all meals *☆</b>
<b>Pure Meditation Course</b>	please inquire for details
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	
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  
*weeks 1 & 2* \$990  
 Progressive Counselling/Coaching Course – 7 modules  
 over 2 years *modules 1, 2 & 3* \$1,485  
*For all subsequent payments -please see Handbooks*  
 Professional Training Courses: Supervision/Tutorial \$72/hr

**Class Fees:**  
 Life Skills & Relaxation: group class \$30, private \$60  
 Pure Meditation Foundation: groups \$60, private \$80  
 Pure Meditation Foundation: series of 4 \$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 ~ please ask



### About the Centre

The Centre is run by professional Natural Spiritual 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 am Monday – Sunday  
8 pm Monday – Saturday; 7 pm Sunday



# Self-Realization Meditation Healing Centre

## 2018 Course Program

for the Michigan Centre

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BA22 7NU, United Kingdom  
Phone 01935 850 266 Fax 01935 850 234  
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Sister Centres:

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Contacts worldwide

"Meditation is like bird song  
which brings peace, warms the heart  
and gently uplifts the spirit"

*Mata Yogananda Mahasaya Dharma*