



Self Realization Meditation Healing Centre Michigan, USA Course Program 2018

Something of value for everyone

January
New Year's Gathering Dec 31-Jan 1
Peace & Quiet Weekend 13-14
Pure Meditation Foundation class pm 13
Pure Meditation Refresher 20-21

February
Natural Spiritual Healing Course Gp H
weeks 1 & 2: 10-11, 24-25, Mar. 3-4, 17-18 & 24-25
Pure Meditation Foundation 4 eves. 6, 13, 27, Mar 6

March
Pure Meditation Refresher 13-14
Easter Celebration Retreat 30-Apr 1

April
Easter Message & Satsanga 10 am 1
Mindful Living – two day Course 14-15
Pure Meditation Course 22-28

May
Natural Spiritual Healing Refresher 5-6
Relaxation for Body, Mind & Spirit Day 12
Pure Meditation Foundation class pm 12
Pure Meditation Foundation class pm 18
Silent Retreat 18-20

June
Relaxation for Body, Mind & Spirit Day 16
Pure Meditation Foundation class pm 16
Pure Meditation Course 29-July 5

July
Transformational Healing Retreat 13-15

August
Tools for Balanced Living – two day Course 4-5
Peace & Quiet Weekend 18-19
Pure Meditation Foundation class pm 18

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

October
Natural Spiritual Healing Course Gp G
Assessment 9-10

November
Pure Meditation Foundation class pm 23
Silent Retreat 23-25

December
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 -
Including: Shared Room
Course and Retreat Fees: lunch & refreshments & all meals *☆

Pure Meditation Course 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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Contacts worldwide

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

Mata Yogananda Mahasaya Dharma