

Find greater peace and happiness in life

Pure Meditation, which includes the highest **Raja and Kriya Yogas**, provides you with the tools to be in charge of your life, gain greater peace of mind, relaxation in body and become master of yourself.

Courses are offered throughout the year at the Centre, Sister Centres and Mother Centre. Please ask for details.

Professional Services

Natural Spiritual Healing: A safe, non-invasive, completely natural therapy for people of all beliefs. The Healing energy restores balance on all levels helping you to feel more centred and at ease with yourself and life. Animals, as well as people benefit greatly from healing.

Centre: 1st appointment \$60; \$50 thereafter.
Children and animals \$32.

Powell River/Vancouver clinics: 1st appointment \$70;
\$60 thereafter. Children and Animals \$35

Progressive Counselling: Partnerships, family, employment and career situations, bereavement, and health concerns or other pressing issues can be helped through counselling, either individually or together with those involved.

Centre: 1st appointment \$65; \$55 thereafter.
Couples \$90; \$80 thereafter.

Powell River/Vancouver clinics: 1st appointment \$75;
\$65 thereafter. Couples \$100; \$90 thereafter.

Transformation Hatha Yoga Classes, Yoga Therapy, one-to-one Yoga, tuition in Pure Meditation Foundation and Energy Care also offered ~ please inquire.

Blessings and Ceremonies

Can be arranged for name-giving, births, spiritual marriages or partnerships, and on transition from this life, blessings for homes and for all occasions.

Mata Yogananda Mahasaya Dharma is the Founder and Spiritual Head of the world-wide Self Realization Meditation Healing Centres. Mata Yogananda has devoted her life to Pure Meditation, Healing and guiding souls to Self-Realization.



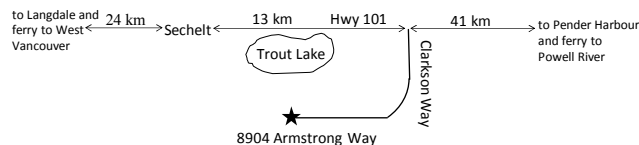
About the Centre

The Self Realization Meditation Centre is run by qualified teachers, healers and counsellors, living and working together as a spiritual family who are committed to being of unconditional love in all they do. Pure Meditation is the foundation of the Centre's work and is taught under the loving guidance of Mata Yogananda.

All are welcome and help is offered to individuals seeking a deeper understanding and inner knowledge and to those who are struggling in any way. On-going support is offered to enable each individual to continue to develop towards greater peace, health and happiness.

The Centre, situated on nearly two acres of beautiful gardens, is close to the ocean and forest trails offering a peaceful environment in which to retreat and to be nurtured on all levels. Please ask for our *Retreats brochure*.

Directions:



Self Realization Meditation Healing Centre

8904 Armstrong Way, Halfmoon Bay, BC
VON 1Y2 Canada

Tel 604 740-0898 Fax 604 740-0875

www.selfrealizationcentrecanada.com

email: info@selfrealizationcentrecanada.com

Clinics in Powell River and Vancouver

Course Program 2012

Mother Centre:

Laurel Lane, Queen Camel, Yeovil, Somerset,
BA22 7NU, United Kingdom

Tel. +44 1935 850266 Fax. +44 1935 850234

Sister Centres:

100 Highstead Road, Bishopdale, Christchurch, 8053

New Zealand Tel. +64 3-359-8507 Fax. +64 3-359-3430

7187 Drumheller Rd, Bath, Michigan 48808

USA Tel. 517 641 6201 Fax. 517 641-8336

11-15 Farrer Road West, Mount Wilson, NSW 2786

Australia Tel. +61 24756 2042 Fax. +61 24 756 2044

Contacts Worldwide

*"I Know that Love can move mountains.
Let us move them together."*

Mata Yogananda Mahasaya Dharma



Self Realization Meditation Healing Centre

Canada Course Program 2012

January

Dec 29- Jan 1 New Year Gathering
 21 Holistic Energy Care
 28 Yoga Day Retreat
Option: to stay to next day for retreat and learn:
 29 Pure Meditation Foundation @ Centre 10-noon

February

4 Spiritual Parenting and Partnerships 10-5:00 pm
 10-12 Silent Retreat
 12 Spiritual Gathering 10:30 am
 26-Mar 10 Natural Spiritual Healing Course wks 1 and 2 Group B

March

14-15 Natural Spiritual Healing Refresher
 17-18 Pure Meditation Refresher
 19-25 Pure Meditation Course

April

6-9 Easter Celebration Retreat
 8 Satsanga and Easter Message 10:30 for 11 am followed by Meditation
 14-15 Animal Healing Course
 21 Holistic Energy Care 10-5:00 pm
 28 Spiritual Parenting and Partnerships 10-5:00 pm

May

5 Yoga Day Retreat 10-5:00 pm
Option: to stay next day for retreat and learn:
 6 Pure Meditation Foundation @ Centre 10-noon
 13-26 Natural Spiritual Healing Course wks 3 and 4 Group A
 28-29 Progressive Counselling Refresher

June

9 Pure Meditation Foundation @ Centre 10-noon
 15-17 Silent Retreat
 17 Spiritual Gathering 10:30 am
 23 Open House

July

9-14 Summer Seva ~ giving and receiving
 21 Joy of Renewal Day 10-5:00 pm
 22 **Option:** to stay next day for Silent Retreat

August

24-26 Silent Retreat

September

8-15 Initiation and Kriyaban Celebration Retreat at Mother Centre, UK
 19-Oct 3 Spiritual Knowledge and Philosophy (3 Wed. eve)
 22 Holistic Energy Care
 29-30 Animal Healing Course

October

13 Pure Meditation Foundation @ Centre 10-noon
 19-21 Silent Retreat
 21 Spiritual Gathering 10:30 am

November

24 Pure Meditation Foundation @ Centre 10-noon

December

24-27 Christmas Celebration Retreat
 25 Satsanga and Christmas Message 10:30 for 11 am followed by Meditation
 Dec 31- New Year Gathering
 Jan 1

Transformation Hatha Yoga classes are offered for beginners, advanced, pre/post natal and Aqua Yoga. One-to-one classes and Yoga Therapy can also be arranged.

You are welcome to join us in Prayer and Meditation:
 Weekdays: 6:30 am and 8:30 pm Sundays: 7:30 am and 7:30 pm
Winged Prayer is at 9:00 pm

New workshops/classes are added throughout the year at the Centre, Vancouver and Powell River.

Please visit our web site for up-to-date information.

Courses in **Natural Spiritual Healing, Progressive Counselling and Transformation Hatha Yoga Teacher Training** are offered at the Centres worldwide for those wishing to take these skills into their lives and professions. *Please ask for details.*

Individually tailored courses and workshops, including Self-Care for groups and individuals, are taught at the Centre and to schools, businesses, youth, community groups and families. Ongoing support is always offered following courses and workshops.

Please ask about opportunities to give Service (Seva): stay for a few hours, day(s), week(s) or more and be part of a spiritual family.

Fees

	Course fees incl. lunch and refreshments	Course fees incl. accommodation and all meals
	\$	\$
Pure Meditation (5 days)	585	953
Natural Spiritual Healing Course (5 weeks over 2 years)	1170	1906
2 day Courses and Refreshers with Friday night accommodation	250	350
1 day Course	122	
2 day Silent Retreat		195
Easter and Christmas Celebration Retreats		235
New Year Gathering		235
Yoga Day		70
Spiritual Knowledge and Philosophy		40
Pure Meditation Foundation:		
Individual	50	
Group	35	

Accommodation Charges for Retreats and Courses:

Daily terms: per person	B & B	B & B & dinner	Full Board
Shared Room	50	67	80
Single Room (if possible)	65	82	95

B & B only:

Sage sleeps 1 \$50 **Fern** sleeps 2 \$85 **Cedar** sleeps 3-4 \$110-\$130

Lunch @ \$13. Dinner @ \$17. Sundays light meals @ \$11. Please reserve 24 hours in advance, whenever possible.

Full course fee including accommodation payable upon booking. Course booking confirmed when full payment received.

Refund policy:

In the event of cancellation of courses or accommodation:

- * six weeks notice or more, we can return all fees, less 15% administration fee.
- * two to six weeks notice, we can return the accommodation fee, less 15% administration fee, and meals only.
- * under two weeks' notice, the meals only. After commencement of a course, refunds are not given.

For details about **books, CD's videos, and tapes by Mata Yogananda**, please ask for a complete list. Dharma Magazine is also available by subscription.