

# Retreats

over Christmas and the New Year

## Christmas Celebration Retreat

December 24-27, 2011

Imbibe the stillness and peace of this beautiful time of year. A wonderful opportunity to connect to the true meaning of Christmas.

Satsanga and special Christmas message:

Dec. 25 at 10:15 for 10:30 am ~ all welcome ~

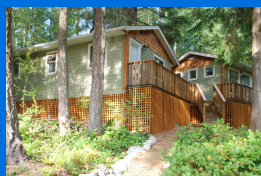
## New Year Gathering

December 29-January 1, 2012

Spend the New Year in an uplifting, purposeful and progressive way with time for contemplation, rest and relaxation.

## Pure Meditation Foundation

Come earlier to learn a technique to still your mind, helping you get the most out of the retreat and out of life.



For further details about other retreats please contact us at:  
(604) 740-0898

## Self Realization Meditation Healing Centre

8904 Armstrong Way, Halfmoon Bay, BC V0N 1Y2

email: [info@selfrealizationcentrecanada.com](mailto:info@selfrealizationcentrecanada.com) [www.selfrealizationcentrecanada.com](http://www.selfrealizationcentrecanada.com)  
We operate as a not-for-profit Centre

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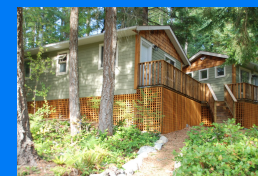
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