



Self Realization Meditation Healing Centre

WORKPLACE WELLNESS PROGRAMS

We live in a busy world where much is expected of us. Now more than ever we need practical tools to help meet the demands of today. The skills learned in each workshop are designed to:

- enhance one's awareness, focus and concentration
- Find greater balance in all areas of life, both personally and professionally
- Learn tools for life
- Develop creativity
- Create a healthier and happier and more productive workplace.

Individually tailored Life skills, Relaxation and Energy Management Workshops:
Offered at your workplace or in the peaceful setting of the Centre.

Pure Meditation Foundation

Of value in all walks of life, Pure Meditation Foundation training, which includes the Meditative Peace breath, helps you to be in charge of how you feel physically, mentally and emotionally. With just a few minutes practice a day, it helps to reduce stress and emotional reactions, and improves concentration, so that natural talents, abilities and memory can be developed.

Pure Meditation Foundation will help to balance blood pressure, reduce the risk of headaches, help relieve pain and tension, and can bring peace, serenity and health. (Group sessions are 2 hours; one-to-one sessions are 1.25 hours)

Maintaining Work Life Balance

This workshop will provide an introduction into how we can better recognize and manage the challenges of work and home life before they become deeper problems such as stress, illness, burn-out or disease. From a place of greater awareness, we can then make conscientious choices to live more purposefully and in the moment. Practical tools to help you conserve your energy as well as breathing techniques to release stress enhance focus and concentration will be taught. (Taught as a 2 hour workshop, a half or full day Course)

Relaxation and Stress Release

Learn simple yet effective exercises to stretch and release tension in the body, particularly in the back, shoulders and neck. Breathing techniques help to calm and balance and energize the body will also be taught. All exercises can easily be integrated into daily life. (1.5 hours)

Self Realization Meditation Healing Centre

8904 Armstrong Way, Halfmoon Bay BC V0N 1Y 2

Tel. 604 740-0898 Fax 604 740-0875

Email: info@selfrealizationcentrecanada.com

Website: www.selfrealizationcentrecanada.com

Not-for-Profit Society S-0052767 Members: SRMHC Associates
Mother Centre in the UK with Sister Centres & Contacts World-wide

We also offer **30 minute to 1 hour talks/presentations** on a variety of topics, either as a Lunch and Learn Session, or as an 'inspiration' prior to a staff meeting or 'retreat'.

Topics include:

- Finding Peace in a Busy World
- The Art of Self-Care
- Recharge your Energy Reservoir
- Energy Care Management
- Mindful Living: ways to enjoy life more and be in the moment
- The Art of Balanced Living
- Changing Habits
- Letting go of things that hold you back
- Tools to Conquer Stress
- Meditation

Additional options include:

- Yoga classes: Mat based or Chair Yoga
- Individual Natural Spiritual Healing Sessions
- Personal/Professional Coaching/Counselling

About the Self Realization Meditation Healing Centre

The Centre is here to serve the needs of all people, all races, backgrounds and beliefs and for all levels of need. It has been established to help people from all walks of life to be happier and healthier and more harmonious in mind, body and spirit. We provide teaching and support for all who wish for more out of life.

Individual appointments in Progressive Counselling/Coaching, Natural Spiritual Healing, Yoga Therapy and Pure Meditation Foundation are offered at the Centre in Halfmoon Bay and at our clinic in North Vancouver.

Personal, and scheduled Silent and Yoga retreats are offered regularly throughout the year at the Centre on the Sunshine Coast, a short distance by ferry from West Vancouver. Set amongst an evergreen forest in Halfmoon Bay, the Centre offers comfortable accommodation and home cooked vegetarian food in a peaceful and tranquil environment.

The Self Realization Meditation Healing Centre's workshop facilitators see each person as unique and therefore each group as unique. As each workshop is individually tailored, please feel you can contact us to discuss the needs of your group.



Self Realization Meditation Healing Centre

8904 Armstrong Way, Halfmoon Bay BC V0N 1Y 2

Tel. 604 740-0898 Fax 604 740-0875

Email: info@selfrealizationcentrecanada.com

Website: www.selfrealizationcentrecanada.com

Not-for-Profit Society S-0052767 Members: SRMHC Associates
Mother Centre in the UK with Sister Centres & Contacts World-wide