



Self Realization Meditation Healing Centre

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Christchurch Course Programme 2009

	January		July (cont.)
New Year Gathering	29/12 - 1/1	Kriyaban Retreat	24 - 26
Seva Week	2 - 9		
	February	Pure Meditation Refresher	August
Natural Spiritual Healing Course- Grp. O Wks. 1 & 2	8 - 21	Meditation Foundation and Spiritual Knowledge & Philosophy Teacher Training Refresher	1 - 2
Transformation Hatha Yoga St. II - 7 Mon. Evenings	9/2 - 23/3	Natural Spiritual Healing Refresher	3
Pregnancy Yoga - 7 Tuesday Afternoons	10/2 - 24/3	Progressive Counselling Refresher	5 - 6
Transformation Hatha Yoga St. I - 7 Thurs. Evenings	12/2 - 26/3	Animal Healing Course	7 - 9
	March	Keeping Love Alive (a course for couples)	22 - 23
Pure Meditation Course	8 - 14		29 - 30
Pure Meditation Refresher	21 - 22	Initiation & Renewal at the Mother Centre	September
	April	Silent Retreat	6
Free Introductory Talk on Pure Meditation ~ 7 p.m.	2	Satsanga & Meditation for World Peace~ All Welcome	12 - 13
Easter Celebration Retreat	10 - 13		20
Satsanga & Easter Message	12	Transformation Hatha Yoga St. II - 9 Mon. Evenings	October
Natural Spiritual Healing Course- Grp. N Wks. 3 & 4	19/4 - 2/5	Pregnancy Yoga - 9 Tuesday Afternoons	12/10 - 7/12
Transformation Hatha Yoga St. II - 9 Mon. Evenings	27/4 - 22/6	Transformation Hatha Yoga St. I - 9 Thurs. Evenings	13/10 - 8/12
Pregnancy Yoga - 9 Tuesday Afternoons	28/4 - 23/6	Pure Meditation Course	15/10 - 10/12
Transformation Hatha Yoga St. I - 9 Thurs. Evenings	30/4 - 25/6		18 - 24
	May	Animal Healing Course	November
Pure Meditation Course	10 - 16	Seva Week	7 - 8
Animal Healing Course	23 - 24	Garden Fair & Open Day, 10 a.m. - 3 p.m.	23 - 27
Pure Meditation Refresher	30 - 31		28
	June	Pure Meditation Refresher	December
Progressive Counselling Course - Grp. I Wks. 1, 2 & 3	7 - 27	Transformation Hatha Yoga Day	5 - 6
	July	Meditation Foundation Morning	12
Pure Meditation Course	12 - 18	Spiritual Knowledge & Philosophy Afternoon	13
Transformation Hatha Yoga St. II - 6 Mon. Eve. (excl. 10/8)	20/7 - 31/8	Christmas Celebration Retreat	13
Pregnancy Yoga - 6 Tuesday Afternoons (excl. 11/8)	21/7 - 1/9	Satsanga & Christmas Message	24 - 27
Transformation Hatha Yoga St. I - 6 Thurs. Eve. (excl. 13/8)	23/7 - 3/9	New Year Gathering	25
			29/12 - 1/1

Fees	Course Fee + lunch & refreshments	Course Fee + Full Board
Pure Meditation Course	\$710	\$1170
Healing Training- 5 modules of 5 days over 2 years	\$710 per module	\$1170 per module
Module 5 - Healing Assessment	\$898	\$1358
Progressive Counselling- 7 modules of 5 days over 2 years	\$710 per module	\$1170 per module
Module 7-Counselling Assessment	\$898	\$1358
Two Day Refreshers & All Weekend Courses	\$314	\$394 (1 night) \$474 (2 nights) \$554 (3 nights)
3-Day Progressive Counselling Refresher	\$470	\$630 (2 nights) \$710 (3 nights) \$790 (4 nights)
Easter, Christmas & New Year Retreats		\$290 (3 nights)
Silent Meditation Retreats		\$230 (2 nights)
Kriyaban Retreat		\$474 (2 nights)
Transformation Hatha Yoga Day	\$95	
	Course Fee	Stage I Yoga:
Meditation Foundation (Group)	\$60	9-week term: \$104 7-week term: \$81 6-week term: \$70
Spiritual Knowledge & Philosophy afternoon	\$25	Stage II Yoga:
Pregnancy Yoga (6-week term)	\$81	9-week term: \$120 7-week term: \$93 6-week term: \$80
Pregnancy Yoga (7-week term)	\$94.50	
Pregnancy Yoga (9-week term)	\$121.50	

Individual Retreats designed to meet your needs.

Accommodation Per Person for Room + Breakfast:

Single - \$65 Share - \$60

Main Evening Meal \$25 Main Midday Meal \$20

Sundays - Light Meals \$15

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All prices include GST. Full fee is payable on booking.

When booking accommodation only, please send payment in full or a deposit of \$50. In the event of cancellation of courses or accommodation: with more than 6 weeks notice we can return all fees minus 15% administration fee. With more than 2 weeks notice we can return the accommodation fee (less 15%) and meals only. With less than 2 weeks notice, the meals only.

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Healing Fees: 1st appointment \$70, thereafter \$60, children \$30

Counselling Fees: 1st appointment \$75, thereafter \$65

Couples Counselling: 1st appointment \$100, thereafter \$85

Animal Healing: \$30 **Individual Meditation Foundation:** \$95

Supervision & Tutorials: \$95 **Individual Yoga Tuition:** \$95