



Self Realization Meditation Healing Centre

Christchurch Course Programme 2010

	January		July (cont.)
New Year Gathering	29/12 - 1/1	Natural Spiritual Healing Refresher (<i>Auckland</i>)	7 - 8
Seva Week	2 - 9	Pure Meditation Course	11 - 17
	February	Transformation Hatha Yoga St. II - 6 Mon. Evenings	26/7 - 30/8
Well Being Day (a free event)	13	Spiritual Knowledge & Philosophy - 5 Tuesday Evenings	27/7 - 24/8
Transf. Hatha Yoga St. II - 9 Mon. Eve. (excl. 15/3 & 5/4)	15/2 - 26/4	Transformation Hatha Yoga St. I - 6 Thurs. Evenings	29/7 - 2/9
Transf. Hatha Yoga St. I - 9 Thur. Eve. (excl. 18/3 & 1/4)	18/2 - 29/4		August
Pregnancy Yoga - 4 Saturday Mornings	20/2 - 13/3	Holistic Energy Care Course	14 - 15
Natural Spiritual Healing Course- Wks. 3 & 4, Grp O	21/2 - 6/3	Animal Healing Refresher/Certificate	21 - 22
	March	Meditation Foundation Group Evening	31
Pure Meditation Course	14 - 20		September
Earth Hour Meditation Evening 8:30 - 10 p.m.	27	Initiation & Renewal at the Mother Centre	5
	April	Pure Meditation Refresher	18 - 19
Easter Celebration Retreat	2 - 5	Pure Meditation Course	26/9 - 2/10
Satsanga & Easter Message 10 a.m.	4		October
Natural Spiritual Healing Refresher	15 - 16	Transf. Hatha Yoga St. II - 9 Mon. Evenings (excl. 22/11)	4/10 - 6/12
SRMHC Outreach Weekend	17 - 18	Pregnancy Yoga - 9 Tuesday Evenings (excl. 23/11)	5/10 - 7/12
Progressive Counselling Refresher	19 - 21	Transf. Hatha Yoga St. I - 9 Thurs. Evenings (excl. 25/11)	7/10 - 9/12
Pure Meditation Refresher	24 - 25	Progressive Counselling Course Wks. 1, 2 & 3, Grp. J	10 - 30
	May		November
Natural Spiritual Healing Course- Wks. 1 & 2, Grp P	9 - 22	Pure Meditation Refresher (<i>Australia</i>)	6 - 7
Animal Healing Course	22 - 23	Meditation Foundation and Spiritual Knowledge & Philosophy Teacher Training Refresher (<i>Australia</i>)	8
Transformation Hatha Yoga St. II - 7 Mon. Evenings	24/5 - 5/7	Progressive Counselling Refresher (<i>Australia</i>)	10 - 12
Pregnancy Yoga - 7 Tuesday Evenings	25/5 - 6/7	Kriyaban Retreat (<i>Australia</i>)	13 - 14
Transformation Hatha Yoga St. I - 7 Thurs. Evenings	27/5 - 8/7	Natural Spiritual Healing Refresher (<i>Australia</i>)	15 - 16
Progressive Counselling Course - Wks. 4, 5 & 6, Grp. I	30/5 - 19/6	Pure Meditation Course	21 - 27
	June		December
Spiritual Gathering Evening (<i>Auckland</i>)	27	Pure Meditation Refresher	4 - 5
Progressive Counselling Refresher (<i>Auckland</i>)	29/6 - 1/7	Transformation Hatha Yoga Day	11
	July	Christmas Celebration Retreat	24 - 27
Pure Meditation Refresher (<i>Auckland</i>)	3 - 4	Satsanga & Christmas Message 10 a.m.	25
Meditation Foundation and Spiritual Knowledge & Philosophy Teacher Training Refresher (<i>Auckland</i>)	5	New Year Gathering	29/12 - 1/1

*Pure Meditation includes the highest form of Raja and Kriya Yoga which can lead to Self-Realization in this lifetime — if desired.
The Natural Spiritual Healing and the Progressive Counselling courses lead to Diplomas upon successful completion.*

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	\$775	\$1235
Progressive Counselling- 7 modules of 5 days over 2 years	\$710 per module	\$1170 per module
Module 7-Counselling Assessment	\$775	\$1235
Two Day Refreshers & All Weekend Courses	\$314	<i>please add \$80 per night for full board (includes dinner & breakfast)</i>
3-Day Progressive Counselling Refresher	\$470	
Meditation Foundation/SK & P Teacher Training Refresher	\$235	
Animal Healing Refresher with Certificate for NSpH Diploma Holders	\$314 plus \$73	
Easter, Christmas & New Year Retreats		\$290 (3 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 5 classes	\$70	
Pregnancy Yoga (4-week term)	\$54	Stage II Yoga:
Pregnancy Yoga (7-week term)	\$94.50	9-week term: \$120 7-week term: \$93 6-week term: \$80
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

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.

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