

| Fees | Course fees inc. lunch & refreshments | Inc. residential shared room & full board |
|---|--|--|
| Pure Meditation Course | \$710 | \$1190 |
| N. Sp. Healing Course <i>5 modules of 5 days over 2 years</i> | \$1420 per year | \$2495 per year |
| Module 5 - <i>Healing Assessment</i> | \$775 | \$1255 |
| Progressive Counselling Course <i>7 modules of 5 days over 2 years</i> | \$2130 per year | \$3800 per year |
| Module 7- <i>Counselling Assessment</i> | \$775 | \$1255 |
| Two Day Refreshers & Courses | \$314 | <i>please add \$90 per night for full board</i> |
| Pure Meditation Foundation & SKP SRMHC Registered Teacher Refresher | \$235 | <i>(includes dinner & breakfast)</i> |
| Easter or Christmas Celebration Retreats & New Year Gathering | | \$290 (3 nights) |
| Transformation Hatha Yoga Day | \$95 | |
| | Course fee | Stage I Yoga: |
| Pure Meditation Foundation (Group) | \$60 | 9-week term: \$108 |
| Spiritual Parenting 5 classes | \$175 | Stage II Yoga: |
| Pregnancy Yoga (9-week term) | \$144 | 9-week term: \$126 |

Mata Yogananda Mahasaya Dharma

is the founder and spiritual head of
the worldwide Self Realization
Meditation Healing Centres.
Mata Yogananda has devoted her
life to Pure Meditation, Healing and
guiding souls to Self-Realization.



We are a Meditation and Healing Centre dedicated to teaching Pure Meditation under the loving guidance of Mata Yogananda. The Centre is run with unconditional love, without dogma, encouraging all who come here, whether as student or patient, to grow and develop their full potential. We are here to help all who seek inner development and knowledge, and to give healing and support to those struggling or suffering in life on any level.

Our qualified Healers, Teachers and Counsellors are all trained in great depth. This same training is available at the Centres for those wishing to take healing or counselling skills into their lives and professions. Places on courses are limited to ensure that individual needs are met and that you receive all the guidance you require. Ongoing support is always available following any course or workshop. Please contact the Centre if the dates of courses in this programme are not possible for you, as new dates are constantly under review.

Individually tailored courses, workshops & talks are given to schools, businesses, & community groups upon request. Teacher Training Courses are available at the Mother Centre in the U.K.

For those who need help or guidance on any level, individual appointments in Natural Spiritual Healing and Progressive Counselling are also available at the Centre.

The Centre is a Registered Charity No. CH/675684

BLESSINGS & CEREMONIES

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

You are welcome to join us in **Prayer and Meditation**
from 7:30 p.m. Sundays.
Monday - Saturday from 8:30 p.m.
Winged Prayer is at 9 p.m.
Please come and go as you need. All are welcome.

Self Realization Meditation Healing Centre



100 Highsted Road, Bishopdale, Christchurch, New Zealand
Ph (03) 359 8507 Fax (03) 359 3430
Email: info@selfrealizationcentres.org.nz
Internet: www.selfrealizationcentres.org.nz

Course Programme Christchurch 2012

Mother Centre:

Laurel Lane, Queen Camel, Yeovil, Somerset, BA22 7NU, U.K.
Ph 01935 850266 Fax 01935 850234
Internet: www.selfrealizationcentres.org
Email: info@selfrealizationcentres.org

Sister Centres:

7187 Drumheller Road, Bath, Michigan, MI 48808, USA
Ph (517) 641-6201 Fax (517) 641 8336

8904 Armstrong Way, Halfmoon Bay, B.C. V0N 1 Y2, Canada
Ph (604) 740 0898 Fax (604) 740 0875

Balangara, Farrer Road West, Mount Wilson, N.S.W. 2786, Australia
Ph (02) 4756 2042 Fax (02) 4756 2044

Contacts Worldwide

**“Let our Heart be opened to
the expansiveness
of the true meaning of Love.”**

~Mata Yogananda Mahasaya Dharma

Individual Retreats designed to meet your needs.

Accommodation per person for room & breakfast:

Share - \$65 Single - \$85

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 \$100. In the event of cancellation of courses or accommodation: with more than six weeks notice we can return all fees minus 15% administration fee. With more than two weeks notice we can return the accommodation fee (less 15%) and meals only. With less than two weeks notice, the meals only. Refunds are not given if cancellation is less than 72 hours before the commencement of a course or accommodation.

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Healing Fees: 1st appointment \$70, thereafter \$60, children \$35

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

Couples Counselling: 1st appointment \$110, thereafter \$95

Animal Healing: \$30; **Individual Pure Meditation Foundation:** \$125

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

Self Realization Meditation Healing Centre

Christchurch Course Programme 2012

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|--|-----------------|--|------------------|
| | January | | June |
| New Year Gathering | 30/12 - 2/1 | Natural Spiritual Healing Course- Wks. 3 & 4, Grp Q | 3 - 16 |
| Seva Week | 3 - 8 | | |
| Transformation Hatha Yoga St. II - 9 Mon. Evenings | 30/1 - 26/3 | | July |
| Pregnancy Yoga - 9 Tuesday Afternoons | 31/1 - 27/3 | Pure Meditation Course | 1 - 7 |
| | | Transformation Hatha Yoga St. II - 9 Mon. Evenings | 30/7 - 24/9 |
| | | Pregnancy Yoga - 9 Tuesday Afternoons | 31/7 - 25/9 |
| | February | | |
| Transformation Hatha Yoga St. I - 9 Thurs. Evenings | 2/2 - 29/3 | | |
| Introductory Talk on Pure Meditation 7:00 p.m. | 7 | | August |
| Holistic Energy Care Course | 11 - 12 | Transformation Hatha Yoga St. I - 9 Thurs. Evenings | 2/8 - 27/9 |
| Silent Retreat | 18 - 20 | | |
| Spiritual Parenting - 5 Tues. Evenings (excl. 6/3) | 21/2 - 27/3 | | September |
| Garden Fair & Open Day, 10 a.m. - 2 p.m. | 25 | Initiation & Renewal at the Mother Centre | 9 |
| | | Animal Healing Course | 15 - 16 |
| | | World Peace Pure Meditation Evening 8:30 p.m. | 21 |
| | March | Pure Meditation Foundation Morning Class | 22 |
| Pure Meditation Course | 4 - 10 | | |
| Animal Healing Course | 24 - 25 | | |
| SRMHC Outreach Day | 31 | | October |
| Earth Hour Pure Meditation Evening 8:30-9:30 p.m. | 31 | Natural Spiritual Healing Assessment, wk. 5 (Grp. P) | 1 - 4 |
| | | Pure Meditation Refresher | 6 - 7 |
| | | Progressive Counselling Assessment, wk. 7 (Grp. J) | 9 - 13 |
| | April | Transformation Hatha Yoga St. II - 9 Mon. Evenings | 15/10 - 10/12 |
| Easter Celebration Retreat | 6 - 9 | Pregnancy Yoga - 9 Tuesday Afternoons | 16/10 - 11/12 |
| Satsanga & Easter Message 10 a.m. | 8 | Transformation Hatha Yoga St. I - 9 Thurs. Evenings | 18/10 - 13/12 |
| Progressive Counselling Refresher | 16 - 17 | Natural Spiritual Healing Course- Wks. 1 & 2, Grp R | 28/10 - 10/11 |
| Natural Spiritual Healing Refresher | 19 - 20 | Silent Retreat | 20 - 22 |
| SRMHC Associates Annual Review | 21 | | |
| Progressive Counselling Course - Wks. 1, 2 & 3, Grp. K | 22/4 - 12/5 | | November |
| Transformation Hatha Yoga St. II - 9 Mon. Evenings | 23/4 - 18/6 | Pure Meditation Course | 25/11 - 1/12 |
| Pregnancy Yoga - 9 Tuesday Afternoons | 24/4 - 19/6 | | |
| Transformation Hatha Yoga St. I - 9 Thurs. Evenings | 26/4 - 21/6 | | |
| | | | December |
| | May | Christmas Celebration Retreat | 24 - 27 |
| Pure Meditation Course | 20 - 26 | Satsanga & Christmas Message 10 a.m. | 25 |
| | | New Year Gathering | 30/12 - 2/1 |

Course/Accommodation Registration Form

*Before enrolling on the Pure Meditation,
Natural Spiritual Healing or Progressive Counselling Courses,
please ask to talk to a course teacher.*

Course _____

Dates _____ Fees \$ _____

Course _____

Dates _____ Fees \$ _____

Residential / Daily (please circle one)

For which I enclose the full fee(s) \$ _____

For accommodation only: *Single/Share (circle one)*

for which I enclose deposit of \$100 (per person)

Or the full amount \$ _____

Name _____

Address _____

Phone (home) _____ (work) _____

Cell phone _____

Email _____

Special Needs _____

How did you hear about the Centre? _____

A colour brochure is available for more information
about the Self Realization Meditation
Healing Centres including details about our courses
and publications by Mata Yogananda.

Yes, please send me a Centre brochure