

Fees	inc. lunch & refreshments	Residential & full board
Pure Meditation		£508
1-day workshop	£48	
1/2- day courses (lunch not inc.)	£18	
1-day courses	£66	
2-day courses	£127	£164
Silent Retreats		£132
Christmas Celebration Retreat or New Year Gathering		£144

Accommodation Charges (Daily terms: per person)

	B&B	B&B & EM	FB
Shared room	£25	£37.50	£48
Single room (if possible)	£33	£45.50	£56

Main Midday Meal @ £10.50 Main evening meal @ £12.50
Sundays - light meals @ £8.50 each

Fees for Appointments

- Healing: First £38, thereafter £28; Children £15
- Animal Healing £15
- Counselling: First £42, thereafter £32
Couples First £50, thereafter £40
- Pure Meditation Foundation (group sessions): £25
- Pure Meditation Foundation (one to one teaching): £36

When booking courses, please make payment in full. Please note that your course booking is only confirmed when full payment has been received. When booking accommodation only, please make payment in full, or a deposit of £50.00.

In the event of cancellation of courses or accommodation: with more than six weeks notice we can return all fees except 15%; with more than two weeks notice we can return the accommodation (less 15%) and meals only; with less than two weeks notice the meals only (less 15%). After the commencement of a course, refunds are not given.

Books by Mata Yogananda available from the Centre:

The Truth Eternal	£17.50+P&P
Come – A Spiritual Journey (2 nd edition)	£19.50+P&P
Self-Realization Through Pure Meditation	£9.95+P&P
Poems Of The Heart	£9.45+P&P
Spiritual Families And Centres	£4.95+P&P
In The Land Of Truth	£5.95+P&P

Please ask for the complete list of Books, Magazines, Videos, CDs, Tapes and other items available from the Centre.

About The Centre

The Centres are run by a group of experienced Healers and Counsellors living and working as a family. Their aim is to foster the growth of unconditional love 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. Pure Meditation is at the core of all the Centre's work, and training is offered to a deep level under the guidance of Mata Yoganandaji.

In-depth training is given to those wishing to take healing and counselling skills into their lives and professions. Continuing support is always available following any course or workshop. Places are limited to ensure that individual needs for development are met.

Please contact the Centre if the dates of courses in this programme are not possible for you, as new dates are constantly under review; please contact us if you would like further information.

The Centre is a UK Registered Charity No 800412.

Mata Yogananda Mahasaya Dharma is the Founder and Spiritual Head of the world-wide Self Realization Meditation Healing Centres. Mata Yogananda has devoted her life to Meditation, Healing and guiding Souls to Self-Realization.



Blessings & Ceremonies

For births, name-giving, spiritual marriages or partnerships and on transition from this Life.

Blessings for homes ~ for all occasions can be arranged.

You are welcome to join us in Prayer and Meditation from 7.45 p.m. Sundays, weekdays from 8.45 p.m. ~ Winged Prayer 9 p.m. ~

Please come and go as you need.

~All are welcome.~



Self Realization Meditation Healing Centre

2011

WALES COURSE PROGRAMME

*" Past is experience
Future is only ideas
The Now is for living"*

Mata Yogananda Mahasaya Dharma

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Sister Centres:

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

Balamgara, Farrer Rd West, Mount Wilson 2786 N.S.W., Australia
Tel. 02 4756 2042 Fax 02 4756 2044

Contacts Worldwide



Self Realization Meditation Healing Centre

Wales Course Programme 2011

Transformation Hatha Yoga ~ Stages I & II
(6 Tuesdays Stage I - 9.30 - 10.45 am, & 7.15 - 8.30 pm - Stage II - 11.00 - 12.15)
Winter Seva - Giving & Receiving

Spiritual Knowledge & Philosophy mornings
(4 Thursday mornings - 10.00 - 11.30 a.m @ £5.00 inc. refreshments)

Transformation Hatha Yoga Retreat

Transformation Hatha Yoga Day

Pure Meditation Foundation ~ Group Session 10.00 - 11.45 a.m

Preventing Burnout ~ 2 day course

Transformation Hatha Yoga ~ Stages I & II
(7 Tuesdays. Stage I - 9.30 - 10.45 a.m, & 7.15 - 8.30 pm - Stage II - 11.00 - 12.15)

Spiritual Knowledge & Philosophy mornings
(5 Thursday mornings - 10.00 - 11.30 a.m @ £5.00 inc. refreshments)

Spiritual Partnerships ~ 1 day workshop

Animal Healing Course

Pure Meditation Foundation ~ Group Session 10.00-11.45 a.m

Easter Celebration Retreat

Easter Message from

Mata Yogananda Mahasaya Dharma

Transformation Hatha Yoga ~ Stages I & II
(4 Tuesdays. Stage I - 9.30-10.45 a.m & 7.15 - 8.30 pm - Stage II - 11.00-12.15)

Spring Seva ~ Giving & Receiving

Pure Meditation Course -

Including Raja ~ Kriya Yoga

'Open the inner door to Health-Peace-Joy & Wisdom'

Garden Open Day ~ Something for Everyone ~ 12.00 - 5.00 p.m

Transformation Hatha Yoga ~ Stages I & II
(6 Tuesdays. Stage I - 9.30 - 10.45 a.m & 7.15 - 8.30 pm - Stage II - 11.00-12.15)

Spiritual Knowledge & Philosophy ~ 2 day Course

January

11 - 15/2 Pure Meditation Foundation ~ Group Session 10.00 - 11.45 a.m

24 - 31 Silent Retreat

February

3 - 24 What is True Happiness? - 1 day workshop

'Be Fit For Life' ~ Transformation Hatha Yoga 1 day course

12 - 13 Relaxation & Energy Management ~ 2 day course

12 Pure Meditation Foundation ~ Group Session 10.00 - 12.00 a.m

13

26 - 27 Let Go and Grow ~ Discovering our True Self - 2 day course

March Transformation Hatha Yoga Retreat

1 - 12/4 Transformatin Hatha Yoga Day

Pure Meditation Foundation ~ Group Session 10.00 - 12.00 noon

3 - 31

12 Initiation & Renewal at Mother Centre

April Transformation Hatha Yoga ~ Stages I & II

2 - 3 (7 Tuesdays Stage I - 9.30-10.45 a.m & 7.15 - 8.30 pm - Stage II - 11.00-12.15 noon)

9 Preventing Burnout ~ 2 day course

22 - 25 Embracing Change ~ 1 day workshop

24

Animal Healing Course ~ 2 day Course

May Bringing Spirituality To Your Workplace ~ 1 day course

3 - 24 Transformation Hatha Yoga ~ Stages I & II

2 - 9 (6 Tuesdays. Stage I - 9.30-10.45 a.m & 7.15 - 8.30 pm - Stage II - 11.00-12.15 noon)

Silent Retreat

15-21 Time Out to Nurture' ~ Transformation Hatha Yoga Morning
(£18.00 or £28.50 inc. Lunch)

28 Pure Meditation Foundation ~ Group Session 10.00 - 12.00 noon

June

7 - 12/7 Christmas Celebration Retreat

Christmas Message from

Mata Yogananda Mahasaya Dharma

11 - 12 New Year Gathering

June (cont.)

18

25 - 27

July

2

16

23 - 24

30

August

13 - 14

27 - 28

27

28

September

4

13 - 18/10

17 - 18

24

October

1 - 2

14

November

1 - 29

5 - 7

12

19

December

24 - 27

25

29 - 1 Jan

COURSE REGISTRATION FORM

Course _____

Date _____

Fees _____

Residential / Daily (Please delete one)

For which I enclose the full fee(s) of £ _____

Name _____

Address _____

Tel (H) _____ (W) _____

Special Needs _____

How did you hear of the Centre?

Leaflet/poster at _____

Recommended by _____

Website _____

Other _____

ACCOMMODATION ONLY REGISTRATION FORM

Address _____

Tel (H) _____ (W) _____

Accommodation required: single room (if poss)/ shared room,
for which I enclose a deposit of £50 per person (or full pay-
ment if less) £ _____

Special Needs _____

How did you hear of the Centre?

Leaflet/poster at _____

Recommended by _____

Other _____

Please make cheques payable to SRMHC.

Thank you

✧ Please see our website for more details, including different types of Retreats ✧

For information about the following please ask for the Mother Centre Course Programme: Pure Meditation includes the highest form of Raja and Kriya Yogas, which can lead to Self-Realization in this lifetime – if desired; **Natural Spiritual Healing**,

Progressive Counselling and Transformation Hatha Yoga Teacher Training courses leading to Diplomas upon successful completion.