



# Self Realization Meditation Healing Centre

## UK Course Programme 2012

- ✧ New Year Gathering
- ◆ Transformation Hatha Yoga Teacher Refresher
- Winter Seva ~ giving and receiving
  
- SRMHC Associates & Outreach Weekend
- ✧ Pure Meditation Refresher
  
- Pure Meditation Foundation and Spiritual Knowledge  
& Philosophy SRMHC Registered Teacher Refresher
- ✧ Alpha to Omega - The Way Forward
- ◆ Transformation Hatha Yoga Teacher Training *Gp. K Wks. 1&2*
- ✧ Pure Meditation Course
- ✧ Animal Healing Course
  
- ✧ Easter Celebration Retreat
- Satsanga & Easter Message
- ✧ Researching Your Probatic Energies
- ◆ Advanced T.H. Yoga Teacher Training Module
- Animal Healing SRMHC Registered Teacher Refresher
- Holistic Energy Care SRMHC Registered Teacher Refresher
- ◆ Natural Spiritual Healing Refresher
- ◆ Progressive Counselling Refresher
- Pure Meditation Foundation and Spiritual Knowledge  
& Philosophy SRMHC Registered Teacher Refresher
- ✧ Pure Meditation Refresher
- Summer Seva ~ giving and receiving
  
- Garden Festival Open Day 2 - 5pm
- Transformation Hatha Yoga Teacher Training *Gp. J Wks. 5&6*
- ✧/◆ Animal Healing Refresher/Certificate
  
- ✧ Pure Meditation Course
- ✧ Silent Retreat

**January**  
 Dec 29 – Jan 1  
 28 – 29  
 30 – 10/2

**February**  
 11 – 12  
 18 – 19

**March**  
 2  
 3 – 4  
 4 – 17  
 18 – 24  
 24 – 25

**April**  
 6 – 9  
 8  
 14 – 15  
 16 – 18  
 19  
 20  
 21 – 22  
 23 – 25

**May**  
 5  
 6 – 19  
 26 – 27

**June**  
 3 – 9  
 23 – 25

- ✧ Pure Meditation Refresher
- Pure Meditation Foundation and Spiritual Knowledge  
& Philosophy SRMHC Registered Teacher Training
- ✧ Pure Meditation Course
- ◆ Progressive Counselling Course *Gp. A1 Wks. 1, 2&3*
  
- ✧ Transformation Hatha Yoga Day
- ◆ Transformation Hatha Yoga Teacher Refresher
- ✧ Pure Meditation Foundation
- ✧ Spiritual Knowledge & Philosophy
- Progressive Counselling *Gp. Y Wk. 7*
- Natural Spiritual Healing Course *Gp. A6 Wks. 3 & 4*
  
- ✧ Animal Healing Course
- Initiation
- Initiation
- ✧ Kriyaban Celebration Retreat
- Kriyaban Satsanga
- ✧ SRMHC Lightworkers Seminar
- ✧ Pure Meditation Course
- Progressive Counselling Course *Gp. Z Wks. 4, 5&6*
  
- ◆ Natural Spiritual Healing Course *Gp. A6 Wks. 1 & 2*
  
- ✧ Silent Retreat
- ◆ Advanced Progressive Counselling Course
- ◆ Natural Spiritual Healing Refresher
- ✧ Pure Meditation Refresher
- Natural Spiritual Healing Course *Gp. A5 Wk. 5*
- ✧ Pure Meditation Course
  
- ✧ Christmas Celebration Retreat
- Satsanga & Christmas Message
- ✧ New Year Gathering

**July**  
 14 – 15  
 15 – 21  
 22 – 28  
 29 – 18/8

**August**  
 4  
 4 – 5  
 5  
 5  
 12 – 17  
 19 – 1/9

**September**  
 4 – 5  
 8  
 9  
 9 – 15  
 10  
 13 – 14  
 23 – 29  
 30 – 20/10

**October**  
 21 – 3/11

**November**  
 3 – 5  
 6 – 7  
 8 – 9  
 10 – 11  
 11 – 16  
 18 – 24

**December**  
 24-27  
 25  
 29 – 1/1

**KEY: For easy Reference, match symbol to course overleaf**

◆ **Professional Training:**

	Course fees inc. lunch & refreshments	Inc. residential shared room & full board
Progressive Counselling Course (7 weeks over 2 years)		
First year's payment on booking	£861.50	£1637.50
Natural Spiritual Healing Course (5 weeks over 2 years)		
First year's payment on booking	£574	£1072.50
Transformation Hatha Yoga & Relaxation Teacher Training (6 weeks over 2½ years)		
First year's payment on booking		£1509.50

**For all subsequent payments please see Student Handbook.**

Advanced Natural Spiritual Healing Course	£287	£508
Advanced Progressive Counselling Course	£127	£164.50
Progressive Counselling Refresher	£190	£265
Natural Spiritual Healing Refresher	£127	£164.50
Advanced T.H. Yoga Teacher Training (3 days) with certificate		£269.50
Transformation Hatha Yoga Teacher Refresher	£157	£194.50
Animal Healing Refresher with Certificate for NSpH Diploma Holders	£157	£194.50

● **SRMHC Registered Teacher Training Courses  
with Certificate Applications:**

Animal Healing or Holistic Energy Care	£232	£269.50
Pure Meditation Foundation & SKP	£535.50	£762.50
SRMHC Registered Teacher Refreshers	£95	

✦ **Other Fees:**

Pure Meditation & Kriyaban Celebration Retreat		£508
SRMHC Lightworkers Foundation Course *	£421.50	£646.50
SRMHC Lightworkers Seminar - supplement to KCR	£53.50	
SRMHC Lightworkers Seminar (2 days)	£168.50	£206
Two day Refreshers & Courses (without certificates)	£127	£164.50
Easter or Christmas Celebration Retreat or New Year Gathering		£144
Silent Retreats		£132
Transformation Hatha Yoga Day	£48	
Alpha to Omega ~ The Way Forward	£80 (includes lunch)	
Pure Meditation Foundation (group session)	£25 (not incl. lunch)	
Spiritual Knowledge and Philosophy (group session)	£15 (not incl. lunch)	

**The full fee is payable on booking. Payment plans may be arranged.**  
**Please enquire regarding courses in Holistic Energy Care, Spiritual Parenting & Partnerships,  
 and Registered Teacher Training courses in Animal Healing and Holistic Energy Care.**  
 Single Room Supplement, as available: £8 per night

\* 2013 - **early booking advised** ~ limited places

◆ **Accommodation charges with vegetarian meals:**

	B & B	B&B & EM	Full Board
Daily terms: <i>per person</i>			
Shared room	£25	£37.50	£48
Single room	£33	£45.50	£56
Main midday meal @ £10.50		Main evening meal @ £12.50	

Sundays ~ light meals @ £8.50 each

*Our therapy pool is available, at our discretion. A small charge is made towards maintenance.*

◆ For **Self-Catering and Retreat Chalets:** full details are on our website.

◆ **Terms & Cancellation Policy:**

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 (non-refundable) of £50.

In the event of cancellation of courses or accommodation (see website for self-catering cancellation policy) with more than six weeks notice we can return all fees less 15%; with more than two weeks notice we can return the accommodation and meals only less 15%; with less than two weeks notice we can return the meals only less 15%. Refunds are not given if cancellation is less than 72 hours before the commencement of a course or accommodation.

◆ **Fees for Appointments:**

- ◆ Professional Training Courses: Supervision/Tutorial (per hour): £36
- ◆ Healing fees: First £38, thereafter £28
  - ◆ Children: £15
  - ◆ Animal healings: £15
- ◆ Counselling fees: First £42, thereafter £32
  - ◆ Couples: First £50, thereafter £40
- ◆ Pure Meditation Foundation (one to one teaching): £45

SRMHC UK mailing list ☺

Please **REMOVE** me from the SRMHC mailing list

Name.....

Signature .....

Address .....

.....

.....

.....

e-mail: .....





# Publications & Stools

## UK Price List:



### Books:

- Gods In The Making.....£19.50
- Come – A Spiritual Journey.....£19.50
- The Truth Eternal.....£17.50
- UK p&p per copy of Come/The Truth Eternal/Gods In The Making £4**
- Self-Realization Through Pure Meditation.....£9.95
- Self-Realization Through Pure Meditation (German Edition).....£10.95
- Song~Soul Chants (Large songbook).....£9.50
- Poems Of The Heart .....£9.45
- Song~Soul Chants (Small songbook).....£1
- Perfect Thoughts music book.....£2.50
- Spiritual Families and Centres ~ *an Unknown Journey*.....£4.95
- In The Land Of Truth ~ *Spiritual Fables for all ages*.....£5.95
- UK p&p per Book.....£1**

### CDs:

- Inspiring Talks 9 CD.....£9.95
- Vibrations of Love – Song~Chants CD.....£9.95
- Perfect Thoughts CD .....£9.95
- Exercise Mobility Double CD.....£12.50
- UK p&p per CD or Double CD.....£1**

### Audio Tapes: (Mata Yogananda's audio tapes are **£6.85** each)

- Inspiring Talks 1 – *Plain Living and God Thinking*
- Inspiring Talks 2 – *Spiritual Living*
- Inspiring Talks 3 – *True Happiness is Inner Joy*
- Inspiring Talks 4 – *Talks and Thoughts for Spiritual Seekers*
- Inspiring Talks 5 – *Finding and Keeping the Joy*
- Inspiring Talks 6 – *Opening Ourselves to Love and Wisdom*
- Inspiring Talks 7 – *Responsibility for Ourselves: Mind-Body-Spirit*
- Inspiring Talks 8 – *Open Your Heart to Love*
- UK p&p per Tape.....£0.75**

PTO



# Course Registration Form

**Before enrolling** on the *Pure Meditation, Natural Spiritual Healing,*

*Progressive Counselling or Teacher Training* courses,

*please ask to speak to a course teacher.*

Course ..... dates ..... Fees £ .....

..... £ .....

..... £ .....

Residential/Daily (please delete one)

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

**Or** debit my Mastercard/Visa/Visa Debit/Maestro/Solo/Electron (circle one)

No. ....  
*(Please send your credit card security number separately or ring us with details.)*

Expiry Date .....

Solo/Maestro Issue No....Solo/Maestro Start Date.....

Signature .....

Name (as on card).....

Address .....

.....

.....

email address:.....

Tel. No. (home) ..... (mobile).....

Special needs.....

How did you hear of the Centre?

Leaflet/poster at .....

Recommended by.....

Website.....

Other .....

Please Make Cheques Payable to the **Self Realization Meditation Healing Centre.**

# Registration Form for Accommodation Only (not courses)

Name.....

Address .....

email address:.....

Tel. No. (home) ..... (mobile) .....

Accommodation required: single room (if possible) /shared room

for which I enclose a deposit of £50 (per person)  
or full amount if less £

**Or** debit my Mastercard/Visa/Visa Debit/Maestro/  
Solo/Electron (circle one)

No. ....

*(Please send your credit card security number separately or ring us with details.)*

Expiry Date .....

Solo/Maestro Issue No....Solo/Maestro Start Date.....

Signature .....

Name (as on card).....

Special needs.....

How did you hear of the Centre?

Recommended by.....

Website .....

Leaflet/poster at .....

Other .....

Please Make Cheques Payable to the Self Realization Meditation Healing Centre.

## Videos:

- Talks with Mata Yogananda  
(**Special edition** with approx. 20 mins extra footage).....£12.50
- Centres of Light  
(**Special edition** with approx. 20 mins extra footage).....£12.50
- UK p&p per Video**.....**£2.50**

## Magazines:

- Dharma Magazine.....£4.75
- UK p&p per Dharma**.....**£1**
- 3 Year Dharma **Subscription** inc. p&p: UK £14.25 } *for overseas P&P*
- 5 Year Dharma **Subscription** inc. p&p: UK £23.75 } *rates please enquire*

## Photos of Mata Yogananda: (prices include UK p&p):

- Photo No. 1 (size 10" x 8").....£5.95
- Photo No. 2 (size 10" x 8").....£5.95
- Photo No. 3 (size 5" x 3") (available **either** (a) laminated  
or (b) un laminated in presentation wallet - please specify).....£2.75
- Small Photo (credit-card sized).....£1

## Meditation Stools:

- Adult or child stool (each).....£138
- (We are happy for you to collect your stool – or postage/delivery may be possible,  
depending on distance – please enquire for further details.)*

## OM Pendant:

- Sterling silver.....£25
- Gold-plated sterling silver.....£35
- UK p&p per Pendant (Special Delivery)**.....**£5.45**

*We welcome payment by Cash, Cheque or  
Mastercard/Visa/Visa Debit/Maestro/Solo/Electron. Please make cheques  
payable to the **Self Realization Meditation Healing Centre**. Thank you ☺*  
**Overseas Postage and Packaging rates will vary – please enquire.**

