

Create life-long good health with a
cleansing diet, deep breathing, and happy thoughts.



Healthy Living

Where: 1160 West 10th Avenue, Vancouver, BC

When: October 15 and 16, 2016

- ◆ **Be happy and laugh more to create vibrant health.**
- ◆ **Energize with breathing and relaxation exercises.**
- ◆ **Understand how your thinking leads to good health.**
- ◆ **Eat living foods for good health.**

Thoughts are things, we are told. Thoughts are energies of mind. Knowing how your thinking creates positive or negative energy will be an important key in living life to the fullest as well as solving potential health issues. It is a known fact that regardless of the quality of food eaten, one's mental happiness or discord can alter good foods' chemical structure so the good food is of little benefit. We need to understand the thinking processes to determine what creates the various reactions in the body right from the common cold to the more serious diseases.

These two remarkable days will transform your concept of health. We will share with you the interconnection between the mind, body, and spirit and how balance in mind leads to joyful living and abundant health. You will appreciate the value of a balanced name for a healthy mind and body. Join thousands of people worldwide who have taken our **Healthy Living** program and made immediate positive changes through the use of these powerful tools. You will understand how to apply mental focus and deep breathing to build energy in mind and body. Create relaxation using deep rhythmic breathing. Eat well and keep happy!

Experience the harmony and confidence of knowing at last you have the tools, resources and motivation to achieve greater harmony, happiness, and life-long good health. Happy thoughts are healthy thoughts!



★★★★ Seminar Highlights ★★★★★

- ◆ Video presentations, personal instruction, and interaction with instructors and assistants in a work group setting.
- ◆ You will understand how mathematics can be applied to the body's systems to create good health.
- ◆ Find out how your thoughts and feelings affect your health. Benefit from breathing and relaxation exercises.
- ◆ Apply your new-found knowledge to improve the vitality and energy in your life.
- ◆ Enjoy the home cooked meals!

Seminar hours: Saturday, October 15, from 8:30 am to 4:30 pm; Sunday, October 16, from 8:30 am to 3:30 pm

Healthy Living is a study program presented by the Society of Kabalarians of Canada.

Mail to: Society of Kabalarians, 1160 West 10th Avenue, Vancouver, BC V6H 1J1 **Fax this page to:** 604-263-5514 or,

Email information to: info1@kabalarians.com

Registration

Registration deadline is Tuesday, October 11, 2016. Call 1-866-489-1188 for faster enrolment service.

Seminar fee if you have not previously enrolled - \$300 (includes online studies administration fee, meals, and a workbook).

Payment plans available. Prerequisites: Life Analysis Training and Cycle Management Training.

Already enrolled? Come for a refresher. Administration fee for the weekend is \$50 (includes meals and a workbook).

Name _____

Address _____

Telephone _____ Email Address _____

Enclosed is my payment of \$ _____ payable to the **Society of Kabalarians of Canada**

Or charge my: Visa MasterCard Amex Discover Card No. _____

Exp. Date _____ Name on card: _____

Signature _____