

Over the course of a single weekend you will know how to create life-long good health.



## Healthy Living



**Where:** 1160 West 10th Avenue, Vancouver

**When:** May 5 and 6, 2012

**Why:** Because a more healthy life can be yours!

- ◆ **Be Happy! It's Important** ◆ **Learn how to Create Vibrant Health**
- ◆ **Practise Breathing and Relaxation Exercises to Energize**
- ◆ **Meet and Socialize** ◆ **Enjoy Delicious Meals**
- ◆ **Leave with Knowledge to Refocus your Life**

### ★★★★ Seminar Highlights ★★★★★

- ◆ **Personal instruction and interaction with instructors and representatives.**
- ◆ **Learn how mathematics can be applied to understand the body's systems to create good health.**
- ◆ **Find out how your thoughts and feelings affect your health. Benefit from breathing and relaxation exercises.**
- ◆ **Learn how to apply your new-found knowledge to improve the vitality and energy in your life.**
- ◆ **Continental breakfast and lunch served both days.**
- ◆ **Video presentations, course binder, lesson materials, workbook, and set of CDs included.**

**Seminar hours:** Saturday, May 5th, from 8:30 am to 4:30 pm; Sunday, May 6th, from 8:30 am to 3:30 pm

These two remarkable days will transform your concept of health. You'll learn 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 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. Learn how to apply mental focus and deep breathing to build energy in mind and body. Learn to relax 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. Space is limited, so please register a.s.a.p.!

**Healthy Living** is a learning 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

**Register now. Enrolment is limited.**

**Registration deadline is April 25th. Call 1-866-489-1188 for faster enrolment service.**

**Seminar fee of \$445 includes free Membership for one year.**

**Already enrolled? Come for a refresher. Administration fee for the weekend is \$45. Payment plans available.**

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 \_\_\_\_\_

**Breakfast  
& Lunch  
Included**