

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



# *Healthy Living*



Alfred J. Parker  
Founder 1897 - 1963  
Kabalarian Philosophy

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

**When: October 3 and 4, 2015**

- ◆ **Be happy, laugh more, it's important!**
- ◆ **Create vibrant health.**
- ◆ **Energize with breathing and relaxation exercises.**
- ◆ **Ensure a lifetime of 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 discord can alter the chemical structure so 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 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 **Healthy Living** 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.

**★★★★ Seminar Highlights ★★★★★**

- ◆ Video presentations, personal instruction, and interaction with instructors and assistants.
- ◆ Understand how mathematics can be applied to the body's systems to understand where weaknesses come from.
- ◆ 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.
- ◆ Continental breakfast and lunch served both days.

*Seminar hours: Saturday, October 3, 8:30 am to 4:30 pm; Sunday, October 4, 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, September, 29, 2015. Call 1-866-489-1188 for faster enrolment service. Seminar fee if you have not enrolled previously - \$300 (includes weekend administration fee, two continental breakfasts, two lunches and a work book). Payment plans available.**

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

Life Analysis Training and Cycle Management Training are prerequisites.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email Address \_\_\_\_\_

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

Or charge my:  Visa  MasterCard  Discover Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ Name on card: \_\_\_\_\_

Signature \_\_\_\_\_