

Create life-long happiness and good health.



Healthy Living

Where: 1160 West 10th Avenue, Vancouver, BC

When: October 13 and 14, 2018



- ◆ **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 a healthy body and focused mind**

If you desire health and happiness, you must understand yourself, to establish your mind upon a proper plane of thinking, and to look always for cause. Do not become lost in effect and fear. We could actually be educated away from sickness; instead, we are taught to fear disease as though it were something that crept up and engulfed us without cause or reason, as though we have no control over it. Fear plays one of the greatest parts in the drama of health versus sickness. If you could but know that the great divine power that gives life also provides the answers to all human errors and problems, health notwithstanding.

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, daily deep breathing for vitality, and the importance of happiness and laughter. Our **Healthy Living** program offers you powerful tools to apply. You will understand how to apply mental focus and relaxation to build energy in mind and body. Create peace by using the deep rhythmic breathing.

Experience the harmony and confidence of knowing at last you have the 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 13, 8:30 am to 4:30 pm; Sunday, October 14, 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 or, **Email information to:** info1@kabalarians.com

Registration

Call toll free in North America 1-866-489-1188 or 604-263-9551 to enrol early to confirm your attendance.

Seminar fee if you have not previously enrolled - \$260 (includes online studies, administration fee, meals, and a workbook).

Payment plans available. Already enrolled? Come for a refresher. Administration fee for the weekend is \$65

(includes meals and a workbook). Prerequisites: Life Analysis Training and Cycle Management Training.

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 _____

