



MAHARISHI PEACE PALACE®

Be inspired · Be enlightened · Be here

TM-Sidhi Programme®

See separate leaflet for details of our course starting March 2019 - or go to website:
www.peacepalace.org.uk/tm-sidhis-2019 uk.enjoy.tm.org/tm-sidhi-program

TM-Sidhi Group Checks

A TM-Sidhi group check is recommended once a year for those practising the TM-Sidhi Programme (duration 2 hours including Q&As).

- Dates:**
- Sunday 18 November 2018 3pm
 - Sunday 10 March 2019 3pm • Sunday 2 June 2019 3pm

Fee: £25

TM-Sidhi Refresher Course

Refresh your understanding and experience with a thorough review of the TM-Sidhi Programme and have your questions answered. This course features special videos by Maharishi.

- Friday 7 – Sunday 9 June 2019

To find out more: uk.enjoy.tm.org/tm-sidhi-refresher-course

Fee: £150 plus meals and accommodation as required.



B&B Rates (per person per night)

Standard single room	Standard room shared	Exec single room	Exec shared room
£65	£45	£85	£60

Lunches £15; Suppers £10

Booking: book all Advanced Programmes directly with the course office.

General Information: uk.enjoy.tm.org/advanced-programs

Call us on **+44 (0)1394 421 136** or email courses@peacepalace.org.uk
www.peacepalace.org.uk

@peacepalaceUK @maharishi_peace_palace_uk @maharishi_PP_UK

Maharishi Peace Palace, Gardenia Close, Rendlesham, Suffolk, IP12 2GX



**ADVANCED PROGRAMMES OF
TRANSCENDENTAL MEDITATION®**

AT THE MAHARISHI PEACE PALACE UK

Advanced Techniques of Transcendental Meditation®

Enrich your experience of TM



"The purpose of Advanced Techniques is to take the experience to another, higher level. Advanced Techniques are like fertilisers; fertilisers bring better fruit to every tree. To enjoy great achievement and fulfilment in life, take advantage of this beautiful programme of Advanced Techniques to enrich the development of higher states of consciousness." - Maharishi

- **Friday 16 – Sunday 18 November 2018**
- **Friday 8 - Sunday 10 March**
- **Friday 31 May – Sunday 2 June**

Gain the ability to have deeper, clearer experiences of transcending so awareness becomes more infused with the qualities of Transcendental Consciousness – bliss, energy, restful alertness. Thoughts and actions spontaneously become more effective, leading to greater enjoyment and fulfilment of desires in daily life.

Four Advanced techniques are offered in a sequence developed by Maharishi. The first technique can be learnt after about four months of regular practice of Transcendental Meditation (and a minimum of two months). Subsequent techniques can be learnt after further gaps of two to four months between each instruction.



Advanced Programmes are taught by special teachers trained by Maharishi including Maharishi Vedic Experts from India.

We suggest you have a chat and a TM check with a TM teacher before applying (we can put you in touch with the nearest one to you).

"I feel that each new technique has added another layer of clarity and depth to my experience, both inside and outside of meditation. I feel more connected with everything around me." - Cindy Johnson-Boka, mother, teacher, writer

To find out more:

uk.enjoy.tm.org/advanced-techniques



Available in the comfort and peaceful atmosphere of the beautiful Maharishi Peace Palace.

Advanced Techniques Fees

Can be paid in four instalments.

- Standard: £640 • Couples: £960 • Full-Time Students aged 18+: £390
- Full -Time Students aged 13 -18: £190 • Concessions: £430*

*Registered unemployed, state pension only, and income less than £15,000 pa. Plus meals and accommodation as required.

Maharishi® Vedic Vibration Technology (MVVT)

One-to-one, 3 sessions over 3 days

Maharishi Vedic Vibration Technology uses refined impulses of Vedic sound, or Vedic vibration, to enliven the inner intelligence of the body and restore health and well-being.

Wed 14 - Fri 16 Nov 2018 (arrive Tues 13)

Mon 11 - Wed 13 March 2019 (arrive Sun 10)

Mon 3 - Wed 5 June (arrive Sun 2)



"I refer my patients to have Maharishi Vedic Vibration Technology because of the dramatic improvements it has produced in a number of my patients. I have been amazed to witness marked, sustained improvements in patients with longstanding chronic conditions, including anxiety, depression, eczema, constipation, and back pain."

Nancy Lonsdorf, MD, author of 'A Woman's Best Medicine'

To find out more: uk.enjoy.tm.org/maharishi-vedic-vibration-technology

MVVT Fees

- £425 for first disorder • £300 for additional disorders and for follow-up sessions within four months. Plus meals and accommodation, as required.