



ONE-DAY TM RETREATS

Offering a taster: enjoy a day of deep rest with extra Meditation, some simple Yoga Asanas, a delicious lunch and interesting talks on a specific theme. The whole experience is satisfying and refreshing. Watch out for our emails on these DAY COURSES throughout the year. **Day Retreat** £45 or £60 incl lunch.

'COHERENCE DAYS'

Just as described above, the focus is on group practice of Transcendental Meditation and/or the TM-Sidhi programme plus an afternoon conference call with one of our key speakers, hearing the latest news and initiatives from around the world. We usually include a global or nationwide group meditation, which everyone finds very profound.

- **Sunday 19 August** • **Sunday 23 September** • **Sunday 14 October**
- **Sunday 18 November** • **Sunday 9 December**

Coherence Day £30 or £45 including lunch.

Travelling from a distance? Book in for B&B at our special 'retreat extension' prices, plus any extra meals required (suppers £10, lunches £15).

B&B Rates (per person per night)

Standard single room	Standard room shared	Standard single room 7 nights +	Standard shared room 7 nights +	Exec single room	Exec single room 7 nights +	Exec shared room	Exec shared room 7 nights +
£65	£45	£55	£40	£85	£72	£60	£53



TM RETREATS

"I would highly recommend the courses and a stay at Maharishi Peace Palace! I feel so calm and relaxed, I actually don't want to leave!"

- Becca Teers

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

"Once you have learnt Transcendental Meditation® it's great to have the opportunity to deepen experiences through extended practice, fascinating knowledge and the joy of being with like-minded people.

"TM Retreats are a very popular way of stepping back from your busy life and recharging your batteries over a weekend or longer. People notice huge improvements in their day-to-day life once they get home including more focus, creativity and energy - plus enjoying the company of friends and family even more than before.

"Come and be pampered in the Maharishi Peace Palace - the perfect venue to rest and revitalize!" - Annie Renwick, General Manager, Courses & Events

On every retreat...

Checking of experiences

Your experienced TM Teacher will offer special group checking sessions of your Transcendental Meditation with unique tapes of Maharishi and plenty of opportunity for Q&As.

Maharishi Yoga Asanas

We offer instruction in, or review of, a simple set of Yoga postures and a breathing technique (Pranayama) recommended by Maharishi as an ideal preparation for meditation.

Delicious vegetarian organic food

At every meal our sumptuous vegetarian menu now includes gluten-free, dairy-free, sugar-free, fat free and low-fat options.

Discounts off weekend or longer TM Retreats

£125 off for new Meditators
(Use multiple times within first 6 months)

£50 off your first TM Retreat in the Peace Palace



Photo: Richard Kevern



WEEKEND TM RETREATS (2 or 3 day options unless stated)

Dates	Course Leaders
Fri 20 - Sunday 22 or Monday 23 July	Nigel Grace
Fri 10 - Sunday 12 or Monday 13 August	Bill Stevens
Fri 17 - Sun 19 or Mon 20 August	Dr Charlotte Bech
Fri 24 - Mon 27 August (B/Hol 3 days)	Dr Charlotte Bech
Thurs 30 August - Sunday 2 September (3 days)	Charles Brettell and Blaise Ashley
Fri 14 - Sun 16 or Mon 17 September	Brian Davis
Fri 21 - Sun 23 or Mon 24 September	Francis and Marion Chalmers
Fri 28 - Sun 30 or Mon 1 October	Charles Cunningham and Val Murray
Fri 5 - Sun 7 or Mon 8 October	Barry Spivack and Justyna Sobkowicz
Fri 12 - Sun 14 or Mon 15 October	James Miles and Helen Evans
Fri 19 - Sun 21 or Mon 22 October - 'TM Refresher' also suitable for 'First Timers'	Sheila and Roger Chalmers
Fri 2 - Sun 4 or Mon 5 November - 'TM Together weekend' (for 18 - 45yrs old)	James Scott and Carla Berkers
Fri 9 - Sun 11 November (2 days)	Ged Valente and Mahnaz Soheili
Fri 30 November - Sun 2 or Mon 3 December	Brian Davis
Fri 7 - Sun 9 or Mon 10 December	James Scott and Carla Berkers
Fri 21 - Sun 23 or Mon 24 December	Annie Arrowsmith
Mon 24 - Fri 28 December (Christmas 4 days)	Annie Arrowsmith
Fri 28 - Sun 30 or Mon 31 December	Bill Stevens
Mon 31 December - Fri 4 January (New Year 4 days)	Bill Stevens
Fri 4 - Sun 6 or Mon 7 January	Bill Stevens
Fri 18 - Sun 20 or Mon 21 January	Diana Leighton
Fri 25 - Sun 27 January (2 days)	Ged Valente and Mahnaz Soheili
Fri 1 - Sun 3 or Mon 4 February	Nicholas Cresswell and Will Treend

TM RETREAT FEES

Course Length	Standard room single	Standard room shared per person	Executive room single	Executive room shared per person
2 Day	£324	£240	£360	£270
3 Day	£424	£320	£478	£360
4 Day	£524	£395	£596	£450

(all rooms are ensuite and prices include accommodation and catering)