



WONDERFUL TM RETREATS

suitable for anyone practising TM

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.

All these weekend TM Retreats are run by popular, highly knowledgeable TM Teachers who will take great care of you. The format is relaxing and nothing is asked of you other than that you follow the gentle routine and enjoy yourselves.

On all our TM Retreats (which start Friday evening and end late afternoon on the final day), the following benefits are included:



Checking of Experiences There will be special group checking sessions of your Transcendental Meditation with unique tapes of Maharishi for Meditators to gain more understanding of the practice



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 includes gluten-free and dairy-free options
"By far the best food I have ever had on a course ... - Astonishing!" RM

