



**MAHARISHI PEACE PALACE®**

*Be inspired • Be enlightened • Be here*

## SUMMER AT THE PEACE PALACE



### **JULY WEEK 1 Friday 12 – Friday 19 July (7 days)**

Including the 'Guru Purnima celebration' on 16 July when we traditionally honour Guru Dev and the tradition from which TM comes

***Generating Ojas - the physiology of Enlightenment*** (\*see over for more details)

**with Dr Donn Brennan,**

Renowned Ayurvedic Doctor and long term TM Teacher from Dublin



### **JULY WEEK 2 Friday 19 – Thursday 25 July (6 days)**

***Restoring Balance and Reconnecting with our Natural State***

**with Iain and Anna Campbell,**

who teach in Scotland (\*\*see over for more details)



\* *'The Vedic Tradition says that life is bliss. Maharishi left the Himalayas because, for most of us, this is not true. He brought us techniques to awaken Consciousness. These have improved the quality of our life significantly. Which is why we continue our regular practice of TM.*

*Next he gave us Maharishi Ayurveda. TM settles the mind to experience Pure Consciousness. From here we draw out energy, clarity and joy into our day to day life. Maharishi Ayurveda clearly describes how each of us creates our mind-body from that source of Pure consciousness. With this knowledge we can choose a life in tune with this inner nature, the lifestyle and life experiences that bring us balance. Thereby we can live healthier and happier lives.*

*The purpose of our Guru Purnima rounding course will be to delve deep into the Source of happiness, our Transcendental Consciousness. But also to learn how to adjust our lives, using the knowledge of Maharishi Ayurveda so that we have clearer Transcending in future and happier and healthier lives.*

*The course will refresh, inform and motivate you for a happier and healthier life.' [Donn Brennan](#)*

**PERSONAL CONSULTATIONS:** please let us know if you would be interested in a Maharishi AyurVeda Consultation with Donn during your stay. Cost: £114 for an hour or £72 for half an hour including VAT. If possible, please book in advance so we can arrange the scheduling.

\*\*Anna become a TM Teacher at age 18 and started teaching in her home country of Greece. She is also a Montessori educator.

Iain graduated as a Teacher of Transcendental Meditation in 2009 and is a teacher of Religious and Philosophical Studies in secondary education. Since 2011 they led TM residential courses in the UK, in Europe for the David Lynch foundation and at the Brahmasthan of India.

Both Anna and Iain taught TM in Bournemouth until 2015, and now live in Glasgow where they teach at the Glasgow Centre.

They are excited about being course leaders at the Maharishi Peace Palace, after previously enjoying the retreats they lead at Maharishi Garden Village before the Peace Palace was built.

[www.peacepalace.org.uk](http://www.peacepalace.org.uk)

**COST:** JULY WEEK 1: 7 days full board: standard ensuite room £755 (single) £565 (shared p/p)  
Executive room £895 (single) £675 (shared p/p)

JULY WEEK 2: 6 days full board: standard ensuite room £665 (single) £495 (shared p/p)  
Executive room £785 (single) £590 (shared p/p)

**£50 scholarship available for all new Meditators within their first year of Transcendental Meditation**

**If you would like to talk to someone about your booking or would find it easier to book over the phone call Céline or Margaret on +44 (0) 1394 421 136 or email [courses@peacepalace.org.uk](mailto:courses@peacepalace.org.uk) and we will send you the online booking link**

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