



MAHARISHI PEACE PALACE®

Be inspired • Be enlightened • Be here

MAY TM RETREAT

Friday 17 – Monday 20 May 2019 (3 days)

Meditation, transcendence, creativity



with Pavel Khokhlachev and Justyna Sobkowicz,

(please note change of course leaders)

This restful weekend Transcendental Meditation Retreat will explore the topic of creativity. We all notice how thanks to TM we experience increase of original ideas and spontaneous inspiration for solutions, we also get in touch with our intuition and gut feeling.

During this TM Retreat you will have the opportunity, if you would like to, to share your personal story of your creativity - so if you are an artist who produces work of art, bring it with you or take a photo of your artwork to share with the group. If you're not a classic creative type, your creativity may manifest as a business solution or idea or perhaps it's the way you relate to others, be it your family or friends. Alternatively just come and listen and enjoy – sit back and relax!

Justyna and Pavel are experienced teachers based in London and will show beautiful videos of Maharishi and David Lynch and share personal stories. You'll leave the retreat feeling inspired and deeply rested.

Course Extension B&B All our courses offer an option to stay over on the final night for (a light) supper and B&B. Travel back comfortably the next morning

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
For more information please go to www.peacepalace.org.uk

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