



MAHARISHI PEACE PALACE®

Be inspired • Be enlightened • Be here

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.

The options are one-day, weekend or longer Retreats with the option to stay over an extra night B&B if you wish so you can travel back in comfort the next morning.

All these 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.

Special Interest TM Retreats are just the same but with a particular theme – so an opportunity to deepen our understanding of some aspect of Vedic knowledge.

Arrive ideally between 3.00 – 5.00pm to allow yourself time to rest and meditate - or at least by supertime (7.00pm). Courses end by 4.15pm on the final day.

On all our TM Retreats the following benefits are included:



Extra Meditation sessions and 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 with plenty of time 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. Gentle walks are an option and you can take advantage of early nights in your charming ensuite bedroom



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

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

courses@peacepalace.org.uk | T: +44 (0) 1394 421 136 | www.peacepalace.org.uk



@peacepalaceUK



@maharishi_peace_palace_uk



@maharishi_PP_UK