



Maharishi Mahesh Yogi®

MAHARISHI VEDIC EXPERTS TOUR

March 2010 - January 2011

We are delighted that Maharishi Vedic Experts from India, Mr and Mrs Kumar, will be in the United Kingdom from 13 March. They have been teaching Maharishi's programmes in India and other countries in America, Africa and Europe for many years. We hope that you will be able to take advantage of these special courses. All courses are open to Meditators and Sidhas unless otherwise stated.

Advanced Techniques of Transcendental Meditation™

“The purpose of Advanced Techniques is to take the experience to another, higher level. Advanced Techniques are like fertilisers; fertilisers bring better fruit to every tree. To enjoy great achievement and fulfilment in life, take advantage of this beautiful programme of Advanced Techniques to enrich the development of higher states of consciousness.”

– Maharishi Mahesh Yogi

All those who have been practising Transcendental Meditation or an Advanced Technique regularly for a minimum of two months may apply for instruction in an Advanced Technique. The recommended duration of regular practice between one Advanced Technique and the next is four months, but two months is adequate if the experiences are good and the course is only available at that time. If there are any questions, please apply anyway and the Advanced Technique Teacher will advise about the appropriate next step for you.

The Advanced Technique course includes three meetings: orientation, personal instruction, and verification and validation of experiences. Each meeting lasts one to two hours.

“I learned two Advanced Techniques within a six months period, and found them to be a natural addition to and a profoundly enriching feature of my daily Transcendental Meditation practice.” I.G.

The Transcendental Meditation-Sidhi Programme® for Meditators

“The Transcendental Meditation Sidhi Programme day by day trains your mind to function from your deepest level of intelligence, which is always quiet inside and from where thoughts arise, emotions arise, and activities arise.”

– Maharishi Mahesh Yogi

The TM-Sidhi Programme is a natural extension of the Transcendental Meditation Programme, accelerating progress towards realising our full potential - the state of enlightenment.

New Structure

Maharishi™ created a new structure for the TM-Sidhi course, which requires applicants to have been instructed in four Advanced Techniques of Transcendental Meditation. The TM-Sidhi course can be taken after two months regular practice since learning one's fourth Advanced Technique. The next TM-Sidhi course is scheduled to begin in December 2010. **For more information and to request a brochure please contact the Maharishi European Sidhaland or Maharishi Garden Village – see contact details overleaf.**

TM-Sidhi Refresher Course for Sidhas

Wonderful results have been reported for this highly popular course which provides an opportunity to refresh your understanding and experience of the TM Sidhi Programme.

“Maharishi's emphasis on naturalness and effortless in his instructions from this course has transformed my experience of the TM-Sidhi Programme. I now experience a subtlety and depth that was not apparent before.” J.W.

Maharishi Vedic Vibration Technology

This special technology is a gentle, non-medical, non-invasive approach that uses the ancient knowledge of Vedic sounds to improve the health of individuals suffering from a wide range of physical and emotional disorders. This technology is also available to promote general good health and well-being, and other objectives, such as to eliminate *Pragyaparadh* (the mistake of the intellect – identifying with diversity rather than Unity i.e. not yet being fully enlightened!) and to *Enlivening 40 Aspects of Veda in the Physiology*.

To read testimonials, articles and scientific research please see: www.mvvt.org. For further background information please see: www.vedicvibration.com

Please apply for this programme online at: www.mvvt.org. Having applied online please contact the venue where you wish to have the technology to arrange a date and time for your consultation. A consultation consists of three sessions over three consecutive days per disorder or objective – up to four disorders or objectives can be addressed at the same time.

“The treatment was extremely blissful.” G.M.

“I experienced immediate relief from my condition and the improvement is continuing.” N.R.

Maharishi Vedic Expert Tour Schedule

Leicester Maharishi Invincibility Centre™

Advanced Techniques: 13-14 and 15-16 March • **Maharishi Vedic Vibration Technology:** 17 - 19 March
TM-Sidhi Refresher Course: 20-21 March
Enquiries and bookings, please contact Susan Lincoln, tel: 01455 554608
Email: susanlincoln@btopenworld.com

Maharishi European Sidhaland, Skelmersdale, Lancashire

Advanced Techniques: 27-28 March, 31 March -1 April, 3-4 April,
21-22, 23-24, 26-27 August, 1-2, 3-4 January
Maharishi Vedic Vibration Technology: 6-8 April, 31 August – 2 September, 5-7 January
TM-Sidhi Refresher Course: 10-11 April, 4-5 September, 8-9 January
Enquiries and bookings, please contact Jane Strachey, tel: 01695 51617
Email: courseoffice@maharishi-european-sidhaland.org.uk

Edinburgh Maharishi Invincibility Centre

Advanced Techniques: 20-21, 23-24, 29-30 April
Maharishi Vedic Vibration Technology: 25-27 April • **TM-Sidhi Refresher Course:** 17-18 April
Please note that the dates for Advanced Techniques and MVVT may be adjusted to suit those taking part, so please register your interest and availability as soon as possible.
Enquiries and bookings: please contact the centre: tel: 0131 668 1649
Email: tmedin@tmScotland.org

Glasgow Maharishi Invincibility Centre

Advanced Techniques: 1-2, 8-9 May • **Maharishi Vedic Vibration Technology:** 4-6 May
Enquiries and bookings, please contact Angela Landers, tel: 0141 339 9916
Email: tmforlife@gmail.com

London Maharishi Invincibility Centre

Maharishi Vedic Vibration Technology: 9-11 June • **TM-Sidhi Refresher Course:** 12-13 June
Advanced Techniques: 14-15 June
Enquiries and bookings, please contact Jonathan Leslie, tel: 020 8749 5442
Email: mail@tm-london.org.uk

Cardiff Maharishi Invincibility Centre

Advanced Techniques: 17-18 June • **TM-Sidhi Refresher Course:** 19-20 June
Maharishi Vedic Vibration Technology: 21-23 June
Enquiries and bookings, please contact Helen Evans, tel: 0292 0568992
Email: helen.evans27@talktalk.net

Maharishi Garden Village, Rendlesham, Suffolk

Maharishi Vedic Vibration Technology: 28-31 June, 6-8, 20-25, 27-29 July, 2-4 August
Advanced Techniques: 3-4, 17-18 July, 7-8 August • **TM-Sidhi Refresher Course:** 10-11 July
Enquiries and bookings, please contact Eric and Felicity Kaplan, tel: 01394 421084
Email: info@peacepalace.org.uk

*There may be further opportunities for these courses from October – mid January 2011.
Please register your interest with one of the Tour venues above.*

Course Fees

Meals and accommodation, where required, are not included in the fees

TM-Sidhi Refresher Course • £150

Advanced Techniques of Transcendental Meditation • £640* Standard Fee • £390* for full-time students with a student card *
• £960 for married couples *Can be paid in four installments over 4 months

Maharishi Vedic Vibration Technology • £600 for first disorder, £300 for additional disorders

TM-Sidhi Course • £1,920 Standard Fee • £1,280 for full-time students with a student card • £2,880 for married couple

• **SPECIAL OFFER: 20% discount on total price.** Package of four Advanced Techniques and the TM-Sidhi Course, £3,584.
Payable in advance or via a monthly payment scheme of £434 initial payment and £150 per month for 21 months.