The central theme at Maharishi European Research University (MERU) is research into the field of consciousness. The University was founded by Maharishi Mahesh Yogi, who has completely restored the thousands of years-old, scattered Vedic Literature into a complete science; bringing to light its full potential. Through this revival of Vedic Science with its various disciplines such as Ayur-Veda (science of health), Sthapatya Veda (Vedic architecture), Gandharva Veda (Indian classical music), Jyotish (Vedic astrology) etc., he has made a unique and practical contribution to the holistic improvement of all areas of society.

Maharishi Mahesh Yogi is widely regarded as the foremost expert in the study and development of consciousness. He rediscovered and made available the technique of Transcendental Meditation and its advanced programs. The Transcendental Meditation technique is a simple, natural, effortless process practiced 15–20 minutes twice daily while sitting comfortably with eyes closed. Through the practice of these techniques, millions of people have experienced improvements in health, vitality, creativity and happiness. Maharishi also placed great attention on the introduction and use of Vedic technologies for peace and prosperity in the world.

MERU Vlodrop is near the villages of Vlodrop-station and Vlodrop in Limburg, the Netherlands, adjacent to the Dutch-German border and surrounded by the Meinweg National Park.
Dear Members of Maharishi’s Worldwide Family,

It is a joy to offer you the MERU Programme Catalogue for 2013. The increasing numbers of participants in MERU programmes during the past year has been an inspiration to everyone. This year we added even more courses and assemblies and look forward to welcoming everyone.

Some of the additional courses are the 16-lesson courses developed by the Maharishi College of Perfect Health under Maharishi’s guidance.

These courses include:

- Maharishi Yoga Asanas; Self-Pulse Reading for Good Health; Diet, Digestion and Nutrition; and Good Health through Prevention.

We have also included courses in Maharishi Gandharva Veda and Ayur-Vedic Cooking.

We also look forward to hosting a ‘conference for the young generation of meditators and Sidhas’.

We will continue with our well-attended assemblies in the spring, the summer assembly at Guru Purnima time, and during autumn the Navaratri and Deepavali assemblies.

We will also have our most successful courses such as the Training To Be an Expert in Bringing Consciousness-Based Education Programmes to Your Nation, the Seven-Day Maharishi Vastu Builder Seminar and the course on Maharishi Vedic Gardening and Agriculture.

We are delighted to again have courses based on Maharaja Adhiraj Rajaraam’s discovery of Veda and Vedic Literature in Human Physiology utilizing the electronic model of Vedic Physiology. A new course that we think will interest all Governors working full time for the Movement is a course to be trained as a ‘Maharishi Ayur-Veda Health Coach’.

We look forward to seeing you here at MERU often in the coming year.

MERU Team

MERU in Sint Odilienberg

MERU has extended some of the activities to a nearby village, Sint Odilienberg. This facility is hosting residence rooms for MERU’s guests, faculty and personnel, classrooms for courses in Maharishi’s Vedic Science, treatment rooms for receiving and learning Maharishi Ayur-Veda treatments.
## Index of MERU Programmes and Courses – 2013

### Assemblies

<table>
<thead>
<tr>
<th>Assembly</th>
<th>Dates</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inauguration of Maharishi Smarak Assembly</td>
<td>10 – 17 February</td>
<td>6</td>
</tr>
<tr>
<td><strong>Spring Assembly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Full Assembly</td>
<td>23 March – 6 April</td>
<td>6</td>
</tr>
<tr>
<td>• Phase 1</td>
<td>23 March – 3 April</td>
<td></td>
</tr>
<tr>
<td>• Phase 2</td>
<td>29 March – 6 April</td>
<td></td>
</tr>
<tr>
<td>• Long Easter Weekend</td>
<td>29 March – 3 April</td>
<td></td>
</tr>
<tr>
<td><strong>Guru Purnima Assembly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Full Assembly</td>
<td>13 – 31 July</td>
<td>24-25</td>
</tr>
<tr>
<td>• Phase 1</td>
<td>13 – 23 July</td>
<td></td>
</tr>
<tr>
<td>• Phase 2</td>
<td>21 – 31 July</td>
<td></td>
</tr>
<tr>
<td>• Short Assembly</td>
<td>19 – 23 July</td>
<td></td>
</tr>
<tr>
<td>• Guru Purnima Day</td>
<td>22 July</td>
<td></td>
</tr>
<tr>
<td>• National Director’s conference</td>
<td>13 – 23 July</td>
<td></td>
</tr>
<tr>
<td>• GMDO Sixth Congress (for Ladies)</td>
<td>24 – 31 July</td>
<td></td>
</tr>
<tr>
<td><strong>Navaratri Assembly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Full Assembly</td>
<td>4 – 15 October</td>
<td>7</td>
</tr>
<tr>
<td>• Weekend</td>
<td>11 – 13 October</td>
<td></td>
</tr>
<tr>
<td>• Victory Day</td>
<td>14 October</td>
<td></td>
</tr>
<tr>
<td><strong>Deepavali Celebration</strong></td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>• Deepavali Day</td>
<td>31 October – 4 November</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 November</td>
<td></td>
</tr>
<tr>
<td><strong>Winter Assembly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Full Assembly</td>
<td>27 December – 15 January 2014</td>
<td>7</td>
</tr>
<tr>
<td>• Knowledge</td>
<td>27 – 31 December</td>
<td></td>
</tr>
<tr>
<td>• Silence</td>
<td>31 December – 8 January 2014</td>
<td></td>
</tr>
<tr>
<td>• Dynamism</td>
<td>8 – 15 January 2014</td>
<td></td>
</tr>
<tr>
<td>• 12 January Celebration – 2014</td>
<td>12 January 2014</td>
<td></td>
</tr>
</tbody>
</table>

### Courses

<p>| Courses                                                        | Dates                        | Page |
|                                                              | All year                     | 8-9  |
| <strong>Weekend Residence Courses including Advanced Technique</strong>    |                              |      |
| <strong>TM-Sidhi Programme</strong>                                        | 8 February <em>(start)</em>         | 10   |
| <strong>TM-Sidhi Programme – Flying Block</strong>                         | 19 June – 3 July             |      |
| <strong>TM-Sidhi Refresher Course</strong>                                 | 17 – 19 May                  | 10   |
| <strong>Maharishi Ayur-Veda Mother–Baby Programme (for Ladies)</strong>    | 22 – 30 March                | 11   |
| <strong>Maharishi Gandharva Veda Course</strong>                           | 14 – 21 September            |      |
| • Block 1                                                     | 11 – 17 March                | 13   |
| • Block 1                                                     | 21 – 27 September            |      |
| • Block 2                                                     | 28 September – 4 October     |      |
| <strong>Individual is Cosmic</strong>                                      | 29 March – 3 April           | 14-15|
|                                                              | 24 – 29 July                 |      |</p>
<table>
<thead>
<tr>
<th>Courses</th>
<th>Dates</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maharishi Yoga Asanas – 16 lesson course</td>
<td>6 – 12 April</td>
<td>16</td>
</tr>
<tr>
<td>Heavenly Cooking with Ayur-Veda</td>
<td>12 – 15 April</td>
<td>17</td>
</tr>
<tr>
<td>Youth Weekend at MERU in Holland</td>
<td>16 – 20 May</td>
<td>18</td>
</tr>
<tr>
<td>Maharishi Vedic Observatory</td>
<td>20 – 25 May</td>
<td>19</td>
</tr>
<tr>
<td>Seven-day Seminar on Maharishi Vastu</td>
<td>26 May – 2 June</td>
<td>12</td>
</tr>
<tr>
<td>Annual Conference of the Alliance of Women Scientists and Scholars for a Better World</td>
<td>4 – 6 July</td>
<td>20</td>
</tr>
<tr>
<td>Introduction to Vedic Dance (for Ladies)</td>
<td>5 – 11 July</td>
<td>20</td>
</tr>
<tr>
<td>Transcendental Meditation Teacher Training Course (Men)</td>
<td>9 April – 4 September</td>
<td>30-32</td>
</tr>
<tr>
<td>Transcendental Meditation Teacher Training Course (Ladies)</td>
<td>17 October – 14 March 2014</td>
<td>30-32</td>
</tr>
<tr>
<td>Maharishi Yoga Asana Teachers Training Course for Governors</td>
<td>18 April – 6 May</td>
<td>33</td>
</tr>
<tr>
<td>Seminars for Health Professionals</td>
<td>11 – 29 September</td>
<td>33</td>
</tr>
<tr>
<td>• Advanced Course</td>
<td>19 - 27 April</td>
<td>36-37</td>
</tr>
<tr>
<td>• Basic Course (Block 1 and Block 2)</td>
<td>26 – 31 October</td>
<td>36-37</td>
</tr>
<tr>
<td>• Maharishi Aroma Therapy – International Training Course for Medical Doctors and Health Professionals</td>
<td>4 –14 November</td>
<td>36-37</td>
</tr>
<tr>
<td>Maharishi Light Therapy with Gems – International Training Course for Governors, Phase 1</td>
<td>24 November – 13 December</td>
<td>39</td>
</tr>
<tr>
<td>Maharishi Vedic Health Coach Course for Governors</td>
<td>18 November – 15 December</td>
<td>34-35</td>
</tr>
<tr>
<td>Training to Become an Expert in Bringing Consciousness-Based Education Programmes to Your Nation</td>
<td>1 – 15 August</td>
<td>40-42</td>
</tr>
<tr>
<td>International Training Course for Maharishi Aroma Therapy Consultants</td>
<td>16 – 31 August</td>
<td>38</td>
</tr>
<tr>
<td>Individual is Cosmic – Course Leader Training for Governors</td>
<td>1 – 8 September</td>
<td>44-45</td>
</tr>
<tr>
<td>Pancha Karma Technician Training Course</td>
<td>16 October – 20 November</td>
<td>43</td>
</tr>
<tr>
<td>Courses</td>
<td>Dates</td>
<td>Page</td>
</tr>
<tr>
<td>Maharishi Ayur-Veda Health Centre</td>
<td>All year</td>
<td>46-47</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Training Programmes</th>
<th>Dates</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Governor Refresher Course</td>
<td>29 March – 13 April</td>
<td>28-29</td>
</tr>
<tr>
<td>• Block 1</td>
<td>17 August – 1 September</td>
<td>28-29</td>
</tr>
<tr>
<td>• Block 2</td>
<td>9 – 25 October</td>
<td>28-29</td>
</tr>
<tr>
<td>Transcendental Meditation Teacher Training Course (Men)</td>
<td>9 April – 4 September</td>
<td>30-32</td>
</tr>
<tr>
<td>Transcendental Meditation Teacher Training Course (Ladies)</td>
<td>17 October – 14 March 2014</td>
<td>30-32</td>
</tr>
<tr>
<td>Maharishi Yoga Asana Teachers Training Course for Governors</td>
<td>18 April – 6 May</td>
<td>33</td>
</tr>
<tr>
<td>Seminars for Health Professionals</td>
<td>11 – 29 September</td>
<td>33</td>
</tr>
<tr>
<td>• Advanced Course</td>
<td>19 - 27 April</td>
<td>36-37</td>
</tr>
<tr>
<td>• Basic Course (Block 1 and Block 2)</td>
<td>26 – 31 October</td>
<td>36-37</td>
</tr>
<tr>
<td>• Maharishi Aroma Therapy – International Training Course for Medical Doctors and Health Professionals</td>
<td>4 –14 November</td>
<td>36-37</td>
</tr>
<tr>
<td>Maharishi Light Therapy with Gems – International Training Course for Governors, Phase 1</td>
<td>24 November – 13 December</td>
<td>39</td>
</tr>
<tr>
<td>Maharishi Vedic Health Coach Course for Governors</td>
<td>18 November – 15 December</td>
<td>34-35</td>
</tr>
<tr>
<td>Training to Become an Expert in Bringing Consciousness-Based Education Programmes to Your Nation</td>
<td>1 – 15 August</td>
<td>40-42</td>
</tr>
<tr>
<td>International Training Course for Maharishi Aroma Therapy Consultants</td>
<td>16 – 31 August</td>
<td>38</td>
</tr>
<tr>
<td>Individual is Cosmic – Course Leader Training for Governors</td>
<td>1 – 8 September</td>
<td>44-45</td>
</tr>
<tr>
<td>Pancha Karma Technician Training Course</td>
<td>16 October – 20 November</td>
<td>43</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Programmes</th>
<th>Dates</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maharishi Ayur-Veda Health Centre</td>
<td>All year</td>
<td>46-47</td>
</tr>
</tbody>
</table>
Assemblies at MERU in 2013

**Inauguration of Maharishi Smarak Assembly**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 – 17 February</td>
<td>315.-</td>
<td>245.-</td>
<td>157.50</td>
</tr>
</tbody>
</table>

**Spring Assembly**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 March – 6 April</td>
<td>560.-</td>
<td>490.-</td>
<td>315.-</td>
</tr>
<tr>
<td>Phase 1</td>
<td>23 March – 3 April</td>
<td>495.-</td>
<td>385.-</td>
</tr>
<tr>
<td>Phase 2</td>
<td>29 March – 6 April</td>
<td>360.-</td>
<td>280.-</td>
</tr>
<tr>
<td>Long Easter Weekend</td>
<td>29 March – 3 April</td>
<td>225.-</td>
<td>175.-</td>
</tr>
</tbody>
</table>

**Guru Purnima Assembly**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 – 31 July</td>
<td>720.-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phase 1</td>
<td>13 – 23 July</td>
<td>450.-</td>
<td></td>
</tr>
<tr>
<td>Phase 2</td>
<td>21 – 31 July</td>
<td>450.-</td>
<td></td>
</tr>
<tr>
<td>Short Assembly</td>
<td>19 – 23 July</td>
<td>200.-</td>
<td></td>
</tr>
<tr>
<td>Guru Purnima Day</td>
<td>22 July</td>
<td>50.-</td>
<td></td>
</tr>
<tr>
<td>National Director’s conference</td>
<td>13 – 23 July</td>
<td>450.-</td>
<td></td>
</tr>
<tr>
<td>GMDO Sixth Congress (for Ladies)</td>
<td>24 – 31 July</td>
<td>315.-</td>
<td></td>
</tr>
</tbody>
</table>

*(please check our website for details)*
### Navaratri Assembly

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td>4 – 15 October</td>
<td>495.-</td>
<td>385.-</td>
</tr>
<tr>
<td>Weekend</td>
<td>11 – 13 October</td>
<td>90.-</td>
<td>70.-</td>
</tr>
<tr>
<td>Victory Day Celebration</td>
<td>14 October</td>
<td>50.-</td>
<td></td>
</tr>
</tbody>
</table>

### Deepavali Celebration

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td>31 October – 4 November</td>
<td>180.-</td>
<td>140.-</td>
</tr>
<tr>
<td>Deepavali Day Celebration</td>
<td>3 November</td>
<td>50.-</td>
<td></td>
</tr>
</tbody>
</table>

### Winter Assembly

<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Fee (Euro)</th>
<th>Single room</th>
<th>Double room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Assembly</td>
<td>27 December – 15 January 2014</td>
<td>700.-</td>
<td>665.-</td>
</tr>
<tr>
<td>Knowledge</td>
<td>27 – 31 December</td>
<td>180.-</td>
<td>140.-</td>
</tr>
<tr>
<td>Silence</td>
<td>31 December – 8 January 2014</td>
<td>360.-</td>
<td>280.-</td>
</tr>
<tr>
<td>Dynamism</td>
<td>8 – 15 January 2014</td>
<td>315.-</td>
<td>245.-</td>
</tr>
<tr>
<td>12 January Celebration – 2014</td>
<td>12 January 2014</td>
<td>50.-</td>
<td></td>
</tr>
</tbody>
</table>

**All Details and Application:** [http://www.merucourses.com](http://www.merucourses.com)
Residence courses give you an opportunity to spend time gaining profound, revitalizing rest through a structured programme of extended practice of the Transcendental Meditation and TM-Sidhi Programme (‘rounding’) along with deep knowledge about the development of higher states of consciousness.

Participants in rounding courses report that even a weekend of rounding eliminates deep-rooted stress and tension and boosts energy, clarity, happiness, and health for months afterwards. Courses are held in the settled, relaxed atmosphere of MERU away from home and work responsibilities.

During this weekend you have the chance to go deep into experiences during the extended practice of Transcendental Meditation and TM-Sidhi Programme in the morning and evening.

Residence Courses Dates for Governors, Sidhas and Meditators

- 8 – 10 February
- 22 – 24 February
- 8 – 10 March
- 22 – 24 March
- 19 – 21 April
- 17 – 19 May
- 31 May – 2 June
- 7 – 9 June
- 5 – 7 July
- 30 August – 1 September
- 6 – 8 December

Weekend Residence Course fee: Euro 160.- inclusive of room and board in St. Odilienberg.

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Advanced Techniques of Transcendental Meditation enhance and enrich the benefits of one’s daily practice of the Transcendental Meditation technique. Through the regular practice of Transcendental Meditation, the mind becomes familiar with the experience of ‘pure consciousness’ – the simplest, least excited state of consciousness.

Through the Advanced Techniques, we enhance our ability to experience finer levels of thought – to develop finer perception while becoming more and more familiar with the experience of our own silent Self. As our conscious mind thereby becomes more infused with this pure field of consciousness and our perception becomes more enriched, our thoughts and actions spontaneously become more powerful and effective, resulting in greater fulfilment of desires in daily life. Meditators can apply for the first Advanced Technique after two to four months of regular practice of Transcendental Meditation and then continue with the sequence of Advanced Techniques after every additional two to four months.

Advanced Techniques are offered on most of the courses at MERU and on the weekend courses, but you can also contact us and make arrangements at a time that suits you. We want to make it easy for everyone to receive these techniques.

To make your reservation visit: http://www.merucourses.com

For assistance please email: courses@maharishi.net
The practice of Transcendental Meditation allows the mind to settle down effortlessly and naturally to experience pure consciousness — the Self — the silent inner reservoir of creativity and intelligence that underlies all our mental activity. The Transcendental Meditation Sidhi Programme cultures the ability to think and act from that profound inner silence so that all our thoughts and actions are maximally powerful and effective.

The practice of the Transcendental Meditation Sidhi Programme optimizes specific channels of mind-body coordination from this deepest level of consciousness. The most powerful aspect of this programme is Yogic Flying. During the practice of Yogic Flying, brainwave synchrony is maximized as the body spontaneously springs forward in short hops. Internally, the experience is accompanied by feelings of exhilaration, expanded awareness, lightness, and ‘bubbling bliss’.

The Transcendental Meditation Sidhi Programme is now being offered to all European Meditators who have been practising four Advanced Techniques for at least two to four months.

‘If we have practised the TM-Sidhi Programme, then the conscious mind will always start thinking from that deepest level of the self-referral state of intelligence. And any thought that emerges consciously from there has the support of all the Laws of Nature. And any thought with the full support of Natural Law will always be fulfilled quickly without loss of time, without struggle and strife.’

— Maharishi

Full Transcendental Meditation Sidhi Programme Course at MERU

Dates: (Weekends)
- 8 – 10 February
- 22 – 24 February
- 8 – 10 March
- 22 – 24 March
- 19 – 21 April
- 19 June – 3 July (residence section)

Course fee is the same as in your country.

Room and board will cost Euro 100.- for each weekend and Euro 560.- for the two-week section in residence.

To make your reservation and pay online:
http://www.merucourses.com

For assistance please email:
courses@maharishi.net

The Transcendental Meditation Sidhi Programme
Refresher Course
17 – 19 May

For all those, who have been practicing the TM-Sidhi Programme for a long time, this is a great opportunity to review all aspects of the knowledge and to check their experiences with TM-Sidhi Administrators.

Course fee including meals: Euro 225.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 70.-
- Double occupancy (two persons in a room): Euro 45.- (per person)
Maharishi Ayur-Veda Mother-Baby Programme for Ladies

22 – 30 March - Part I - Preconception

Knowledge about proper planning, both mental and physical preparation for conceiving a child. It is ideal to prepare 3-6 months in advance or if needed, sometimes up to year. Creation of new life, creating the coming generations and future civilizations is a great responsibility and something to be carefully and wisely planned. This course provides the knowledge of Maharishi Ayurveda that has been used for centuries to increase the likelihood of having a child with radiant health, happiness and success in life.

Course fee: Euro 1200.- including room and board.

14 – 21 September - Part II - Pregnancy and Delivery

Unique knowledge about proper lifestyle, diet, physical activity and food supplements during the different stages of pregnancy (month by month) to be used in cooperation with one’s medical doctor. Also included are recommendations to be used right before, during, and after delivery in cooperation with one’s medical doctor and midwife.

Course fee: Euro 1200.- including room and board.

3 – 12 December - Part III - Postnatal period

Knowledge for the postnatal period, presented for the first time, for proper lifestyle, diet, food supplements, oil massage, and other specific procedures for parents in postnatal period. These suggestions are for both the mother and the newborn baby to promote health, comfort and well being through healthy diet, daily routine and other methods, such as massage.

Course fee: Euro 1200.- including room and board.
During the seven-day seminar you will enjoy the best talks and documentaries from more than 15 of the world's leading experts in Maharishi Vastu® architecture. Material for this seminar is compiled from all previous Vastu training conferences in the USA and Europe and will also include lively workshop sessions with the Deputy Ministers and MERU Architects conducting the seminar.

You are welcome to bring your projects along to be discussed and finalized during workshop sessions with our Vastu architects. There is no better way to plan, than in the most coherent, blissful atmosphere of Maharishi’s Brahmasthan providing the essential experience of perfect Vastu while applying the knowledge to design our own glorious future.

Topics to be covered include:

- Building with natural, non-toxic materials, using the latest green technologies and examples
- Introduction to Bau-Biology, practical measures to avoid electro smog and EMF fields
- Site evaluation from satellite maps including calculation of sunrise delay
- Vedic Garden Cities, Peace Colonies, ownership strategy, promotion, and financing
- Turnkey Homes FROM NEW PORTFOLIO and Master Builder system in action

Course fee including meals: Euro 315.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 245.-
- Double occupancy (two persons in a room): Euro 157.50- (per person)

To make your reservation online:
http://www.merucourses.com

For assistance please email:
courses@maharishi.net
The course is conducted by
Reshma Shrivastava
Acclaimed sitarist and
Gandharva Veda musician

The course is taught in light of Maharishi’s Science of Consciousness, connecting all key principles of Maharishi Gandharva Veda to the development of higher states of consciousness. During the course, in addition to the knowledge and practice of Maharishi Gandharva Veda, you will enjoy extended group practice of the Transcendental Meditation and TM-Sidhi programme.

The course will provide a fulfilling taste of Maharishi Gandharva Veda to promote health, happiness and development of higher states of consciousness.

We invite all Meditators, Sidhas and Governors to enliven inner silence, and draw that silence out to be expressed in dynamic waves of bliss through the sounds and melodies of Maharishi Gandharva Veda. No previous musical training is necessary.

BLOCK 1:

Part 1: Understanding and practical experience of singing and playing Maharishi Gandharva Veda music; introduction to instruments: Sitar, Tanpura, and Tabla

Part 2: Advanced knowledge and personal instruction in Maharishi Gandharva Veda: Sitar, Tanpura, Tabla, and Vocal

BLOCK 2:

Theme: Maharishi Gandharva Veda music—melodies of nature to promote balance, peace and harmony in the individual and environment.

This 12-lesson course is a continuation of the basic Maharishi Gandharva Veda course. Having gained the basic knowledge of Gandharva Veda, the course participants now have the possibility to proceed in gaining deeper knowledge and experience in performing Gandharva Veda Music, choosing from different instruments. All course participants will learn to play the same Raga, so by the end of the course, they can perform together.

Please visit our website for full program details and features.

Course fee (for each Block) including meals: Euro 270.-(For each instrument maximum 10 participants.)

Housing at MERU in St. Odilienberg:

• Single occupancy: Euro 210.-
• Double occupancy (two persons in a room): Euro 135.- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
The Individual is Cosmic

*Remembering Your Invincible Status*

29 March – 3 April
*(included in 'Phase 2' of the Spring Assembly)*

24 – 29 July
*(included in 'Phase 2' of the Guru Purnima Assembly)*

This course unfolds the profound Vedic Knowledge brought to light by Maharishi. The course utilises the beautiful electronic display designed by Maharishi and the scientists of MERU.

The display demonstrates the practical application of Maharaja Adhiraj Rajaraam's discovery that human physiology is the expression of Veda and Vedic Literature—showing that the individual is cosmic.

The course provides knowledge and experience to align yourself with Total Natural Law, the Constitution of the Universe.

 Innocently hearing the impulses of Veda while at the same time seeing the corresponding part of the physiology light up on the beautiful electronic display of Veda and Human Physiology helps align the individual expression of intelligence with Cosmic Intelligence.

Drs. Arenander have taught this course around the world and each course builds on their experiences from past courses they taught, so the knowledge is getting more and more full each time. This means it is a course you can follow again and again.

Each presentation will include the experience of the Model of Vedic Physiology as an effective tool to enhance physiological order and brain integration.

See a video presentation of the course and testimonials of course participants at:
http://www.meruevents.com/vedicphysiology/
Course Leaders:

Alarik Arenander, PhD, Director, Brain Research Institute, President, The Leader’s Brain and Dr. Cynthia Arenander

Drs. Alarik and Cynthia Arenander have been teaching Maharishi’s Consciousness-based Education over the last 40 and 30 years, respectively. They have presented to the public and to businesses and educational and medical institutions in the U.S.A, Europe and India.

They have taught Human Physiology: Expression of Veda and the Vedic Literature for almost 20 years. Dr. Alarik Arenander received his doctorate from UCLA and returned to UCLA to be on the faculty.

Following the course, there will be a 2-day Training to Make Presentation using the Electronic Display of Veda and Human Physiology.

29 March – 3 April:

Course fee including meals, handouts and course material: Euro 225.-
(Euro 315.- including the training to make presentations workshop from 2 to 4 April.)

For participants of the ‘Phase 2’ of the Spring Assembly this course is included in their course fee.

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 175.-
- Double occupancy (two persons in a room): Euro 112.50- (per person)

24 – 29 July:

Course fee including meals, handouts and course material: Euro 225.-
(Euro 315.- including the training to make presentations workshop from 29 to 31 July.)

For participants of the ‘Phase 2’ of the Guru Purnima Assembly this course is included in their course fee.

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Maharishi Yoga – A Course on Yoga Exercise

16 Lesson Course

6 – 12 April

Creating physiological balance and mind-body coordination
through simple Yoga postures and breathing exercises

‘Time spent on Yoga Asanas is a golden time of the day.’ — Maharishi

This course gives a comprehensive understanding of the nature of Yoga—unification of individual and cosmic life — as well as practical training in Yoga postures and breathing exercises that promote integration of mind and body, supporting health by bringing life into harmony with Natural Law.

In addition to the practical training in Yoga postures and breathing exercises, topics of the course include the following:

- Yoga and integration of all aspects of life
- Bhagavad-Gita as the supreme textbook of Yoga
- Scientific research validating the benefits of the Yoga postures
- Higher states of consciousness—fulfillment of the practice of Maharishi Yoga
- Discovery of the Veda and Vedic Literature in human physiology
- Developing the state of Yoga through Maharishi’s Transcendental Meditation and TM-Sidhi Program
- Enlivening the intelligence in all levels of the physiology through Yoga postures and breathing exercises

The course will be held in St. Odilienberg with the last meeting of the course being held in Vlodrop.

Please bring comfortable loose clothing for Yoga Asanas performance.

Course fee including meals: Euro 300.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 210.-
- Double occupancy (two persons in a room): Euro 135.- (per person)

To make your reservation and pay online:
http://www.merucourses.com

For assistance please email:
courses@maharishi.net
Heavenly Cooking with Ayur-Veda
12 – 15 April

We are delighted to announce this course on Ayurvedic cooking taught by Frank Lotz. Frank is the author of “Heavenly Cooking with Ayur-Veda—A great Ayurvedic cookbook with detailed chapters on herbs and spices” and a certified Teacher of Maharishi’s Transcendental Meditation

Frank has extensive experience in Ayurvedic cooking. He has been the chef at several Movement facilities in Germany and Switzerland including cooking for the international Purusha Group in Boppard, Germany. For some years he was in charge of the kitchen in the renowned Maharishi Ayurvedic Spa in Bad Ems, where he taught Ayurvedic cooking to hundreds of customers.

During the course you will learn to cook two lunches, including salads, chutneys, drinks and dessert plus two dinners with soups and bread.

The following topics will be covered:

- Ayurvedic views on nutrition
- Cooking according to the six tastes
- Basic Vedic and Ayurvedic principles
- The healthy Ayurvedic food plan
- Balancing of Doshas
- Food and the rhythms of the day
- Food in harmony with the seasons
- Menu suggestions
- The use of spices and herbs for maximizing their healing effects

Course fee: Euro 165.- including the book Heavenly Cooking with Ayur-Veda by Frank Lotz

Housing at MERU in St. Odilienberg:
- Single occupancy at St. Odilienberg: Euro 105.-
- Double occupancy (two persons in a room): Euro 67.50- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Youth Weekend at MERU in Holland

Experiencing Maharishi’s International Home

16 – 20 May

We welcome every young Meditator, TM-Sidha, and Governor around the age of 18 - 35 to come and enjoy a unique weekend experience at Maharishi’s home - MERU, Holland.
16 - 20 May. Thursday to Monday.

We warmly invite you to:

Dive briefly into history and get a real feeling of what it was like to live and work here (24 hours, day in and day out) with an enlightened Master.

Enjoy knowledge and meetings in the beautiful, profoundly silent, all-wood Vastu home that Maharishi lived in until the time he passed in 2008.

Have a personal and intimate experience of active being and deep rounding in the soft atmosphere that Maharishi created here and in the surrounding environment.

Get a profound insight what this sacred site had and has to support Maharishi’s International Headquarters for the World.

Hear Maharishi’s words on this and the impressions of those closest to him.

See Maharishi’s plans and dreams for this incredible Campus being built and fulfilled - dynamic presentations and tours.

Highlights:

OVERVIEW OF MAHARISHI’S ASHRAM - THE MERU CAMPUS
LIVING AND WORKING FOR THE ENLIGHTENED MASTER - STORIES AND KNOWLEDGE
EXPERIENCE LIVE VEDIC RECITATIONS AS REVIVED BY MAHARISHI
EXPLORING THE ENVIRONMENT/HAVING FUN

Jai Guru Dev

Course fee including Housing at MERU in St. Odilienberg:

Single occupancy: Euro 220.-
Double occupancy (two persons in a room): Euro 170.- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
The Maharishi Vedic Observatory allows one to gain the benefit of Nature’s intelligence: a life lived in accord with all the Laws of Nature.

The instruments of the Maharishi Vedic Observatory express all values of space and direction by first locating the North Star, and then deriving all directions—north, south, east, and west—from there.

This 10 lesson course is based on many profound talks by Maharishi. The course has been structured by Dr. Carl Stone under Maharishi’s guidance. Dr. Stone has spent many years with Maharishi on structuring the Maharishi Vedic Observatories as we appreciate them today all over the world.

Open your awareness to the inner value of life to know the mechanics of functioning of the outer value of life. Even the different relationships of the planets and the stars can be located inside one’s Self. Knowing the outer from within is the Vedic theme of knowledge.

— Maharishi

Course fee including meals: Euro 225.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 175.-
- Double occupancy (two persons in a room): Euro 112.50- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Courses and Conferences for Ladies at MERU in 2013

Annual Conference of the Alliance of Women Scientists and Scholars for a Better World
4 – 6 July

Please let us know if you have a lady speaker whom you would like us to invite to this conference:

Alliance-for-Knowledge@Maharishi.net

Course fee: Euro 45.- per night.

Housing: Single room: Euro 35.- per night. Double room: Euro 22.50- per night per person.

Introduction to Vedic Dance
5 – 11 July

An introduction to the classical Indian dance form Bharata Natyam in light of Maharishi’s Science and Technology of Consciousness.

Sixth International Congress of the Global Mother Divine Organisation
24 – 31 July

at the
International Capital of the Global Country of World Peace

The Raj Rajeshwaris of the Global Country of World Peace warmly welcome all lady Governors, Sidhas, and Meditators to join us for our Sixth International Congress of the Global Mother Divine Organisation (GMDO). We hope that every country will send a delegation, and we especially encourage GMDO National Directors and Directors of the five GMDO Foundations to come, as this inspiring gathering will also serve as the annual GMDO National Directors’ Conference.

Throughout the seven-day Congress you will enjoy rich presentations on the initiatives and achievements of the Global Mother Divine Organisation worldwide and beautiful performances of the Vedic Arts, along with luxurious group programmes, profound knowledge from Maharishi, and enlightening discussion of experiences—all in a soft and blissful atmosphere.

Highlights of the Congress Programme:

• Each national delegation will present their achievements of the past six months, and we will honour the great lady pioneers of Maharishi’s worldwide Movement.
• There will be an opportunity to share experiences of what has worked best to bring Maharishi’s knowledge to women in all areas of society in our different countries.
• There will be many opportunities to meet with the Raj Rajeshwaris, Mother Divine Directors, and other international leaders of the Global Mother Divine Organisation.

Other Opportunities during the Congress

• Advanced Techniques • Maharishi Light Therapy with Gems • Maharishi Ayur-Veda Consultation
• Maharishi Aroma Therapy Consultation (these require additional fees)

Come early to attend the Guru Purnima Assembly, 19–23 July

Come a few days early and celebrate Guru Purnima with Maharishi’s worldwide Movement family.

Housing and Congress Fees

All GMDO Congress participants will be comfortably housed at MERU’s properly-oriented facility in St. Odilienberg, just a short drive from the MERU campus in Vlodrop. Transportation will be provided daily to and from the MERU campus. Meetings of the Congress will be held in Maharishi’s Vastu at MERU, and dining will also be on the MERU campus.

Both single- and double-room housing options are available, all with private bath:

• Single room €35/day
• Double room €22,50/day/person

In addition to the cost of housing, each Congress participant will pay a conference fee of €45/day, which includes meals. (Special discounted fee of €40/day for those staying 12 days or more to attend the Guru Purnima Assembly in addition to the GMDO International Congress.)

Total cost for the seven-day Congress will therefore be €560/person in a single room or €472,50/person in a double room.
Self-Pulse Reading for Good Health

16 Lesson Course

26 August – 3 September

Learning to detect balance and imbalance in the body by feeling one’s own pulse, and to correct imbalances before disease arises through adjustments in diet and daily routine.

‘Life according to Natural Law is the basis of perfect balance of the pulse – absolute perfection of balance, which is Samhita of Rik Veda, the Constitution of the Universe.’

— Maharishi

This course provides the individual with a thorough introduction to self-pulse reading including theoretical and practical aspects.

Topics of the course include the following:

- feeling the degree of balance in the pulse
- feeling the influence of cosmic cycles in the pulse
- feeling imbalances in the pulse; progressive stages of imbalance and the protective role of the body’s own intelligence reflected in the pulse
- causes and effects of imbalance; restoring and maintaining balance through proper diet, and through daily and seasonal routines

With thorough guidance by an expert Vaidya (Ayurvedic doctor) you will understand and experience reading your own pulse and know how to maintain balanced health throughout life.

“Every pulse must be an expression of absolute balance.” — Maharishi

Course fee including meals: Euro 400.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 280.-
- Double occupancy (two persons in a room): Euro 180.- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@mahanishi.net
Diet, Digestion and Nutrition

16 Lesson Course

4 – 9 September

Selecting diet on the basis of the individual physiology and the season; promoting optimal nourishment and health through balanced digestion.

‘Diet is anything that is taken in from any field of perception, through any sense of perception, any mode of mind and any mode of intellect.’

— Maharishi

This course provides profound principles and practical knowledge of how to promote good health through proper diet, digestion and nutrition.

Topics of the course include the following:

- factors to consider in dietetics
- the nature of food and its inherent qualities
- processing of food
- combination of foods
- quantity of food
- the relation of the environment to the processing and suitability of food
- the relation of circadian and seasonal rhythms, and age and state of health, to dietetics
- rules for the intake of food
- physiology of digestion and metabolism
- balance and imbalance of digestion and metabolism and their correction

Course fee including meals: Euro 300.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 175.-
- Double occupancy (two persons in a room): Euro 112.50- (per person)

To make your reservation and pay online:
http://www.merucourses.com

For assistance please email:
courses@maharishi.net
Guru Purnima Day at MERU — 22 July

A Warm Invitation for Your Presence at
The Annual Global Celebration of Guru Purnima —
Celebrating the Eternal Vedic Tradition of Knowledge
in the presence of Maharaja Adhiraj Rajaraam

Featuring Rudrabhishek Yagya for World Peace

Guru Purnima is that special full moon day in the year when we come together to offer all our gratitude and our year’s achievements to Guru Dev, Maharishi, and the Holy Tradition of Masters. Participants at the MERU Assembly will have the unique opportunity to attend global Guru Puja and enjoy an historic Guru Purnima address by Maharishi.

An additional highlight of the Assembly will be live performance of a Rudrabhishek Peace Yagya by Maharishi Vedic Pandits. This will be performed outside in front of Maharishi’s House on a stage over the pond with the audience comfortably seated in a covered grandstand and surrounded by the beautiful natural environment of the Meinweg Forest.

Rudrabhishek is that powerful Yagya which is especially vital for creating peace in the world and connects the flow of human life on earth with its silent source in the field of the Transcendent—the field of eternal peace.
Good Health through Prevention

16 Lesson Course

10 – 16 September

 Eliminating the basis of disease by bringing life into accord with Natural Law through balanced daily and seasonal routines, individualized diet, and development of higher states of consciousness

‘Prevention is the spontaneous ability to prevent violation of Natural Law through all thought, speech and action.’

— Maharishi

The purpose of this course is to gain a comprehensive understanding of how to prevent ill health by bringing all areas of life into harmony with Natural Law.

Topics of the course include the following:

• self-referral consciousness as the basis for prevention of disease
• complete metabolism of experience for prevention of illness
• maintaining balance in the physiology for prevention
• importance of good digestion and metabolism for prevention
• importance of balanced diet for prevention
• maintaining harmony between the individual and the universe through healthy daily and seasonal routines
• Maharishi Jyotish and Maharishi Yagya for prevention of future imbalances
• behaviour that supports prevention by upholding the evolutionary and nourishing qualities of Natural Law
• strengthening the immune system
• reversing the ageing process
• preventing collective health problems for the nation and the world

Course fee including meals: Euro 300.-

Housing at MERU in St. Odilienberg:
• Single occupancy: Euro 210.-
• Double occupancy (two persons in a room): Euro 135- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Maharishi Vedic Science in Agriculture and the Environment

Key to Personal Enlightenment, Global Affluence, and Sustainability

4 – 10 November

This is a 16 lesson course for those who love Maharishi’s knowledge—it extends the knowledge of the Self deep into the field of agriculture and the environment, showing that every aspect of the environment is actually the same in structure and function as the Self of everyone.

Maharishi explained agriculture as ‘agree-culture’—‘agreeing with the culturing intelligence of nature’. In doing so, Maharishi reconnected all aspects of the knowledge of agriculture with their source in the field of Total Natural Law, the Unified Field of all the laws of nature, the Self of everyone. This revives the full value of agriculture and brings the possibility of agriculture that is completely nourishing, completely sustainable, and makes the farmer the ‘Father of the nation’ that is invincible.

The emergence of this enlightened agriculture from the many damaging practices of the past is an enormous transformation. All the important modern research and profound Vedic technologies are covered in detail, showing that organic farming and gardening can now yield higher quality and quantity with a fraction of the work. The scientific understanding is presented in a way that is easy to grasp, as is the Vedic understanding, which seamlessly meshes with the most recent research in organic agriculture.

The crowning achievement of Vedic agriculture, which creates completely nourishing food for enlightenment, is Maharishi’s specification of the Vedic recitations to ensure complete transformation at each stage of growth of the crop.

Over 1600 slides and videos illustrate every point and ensure fast-moving delivery of theory and practice. If you want to start a farm, grow tomatoes or flowers in your window box, improve your garden, or want to understand the inner intelligence of Nature’s functioning, this course will give you the best practices and the underlying theory.

Course fee including meals: Euro 270.-

Housing at MERU in St. Odilienberg:
- Single occupancy at St. Odilienberg: Euro 210.-
- Double occupancy (two persons in a room): Euro 135.- (per person)
International Governor Refresher Course

Block 1: 29 March – 13 April
Block 2: 17 August – 1 September
Block 1: 9 – 25 October

‘All the phases of time are incapable of shaking the roots of this knowledge, because it is embedded in infinity. A good Teacher means he will teach the way he has been taught. All the organisational rules are there to keep us straight in the teaching. Our efforts are going to last for thousands of years, for tens of thousands of years.’

— Maharishi (13 May 1973, La Antilla, Spain)

The Governor Refresher Course is an aspect of Maharishi’s Transcendental Meditation Teacher Training Course for the Age of Enlightenment. This course is open to applicants from Europe, Africa, the Middle East, Australia, and New Zealand.

The requirement for certification of Governors was introduced in April 2005 by Maharishi, who guided the first course.

The Governor Refresher Course was designed by Maharishi to prepare all Teachers of Transcendental Meditation to bring enlightenment and invincibility to their nation. Teachers will be brought up to date in Maharishi’s most recent guidelines regarding knowledge, teaching skills, materials, and policies, and will hear some of the most recent advanced lectures of Maharishi bringing to light more details of the structure of Total Knowledge as well as the scientific perspective of Total Knowledge.

The Governor Refresher Course is particularly relevant for Teachers who have not been teaching regularly, but it was Maharishi’s wish that all active Governors who took the Transcendental Meditation Teacher Training Course prior to 2005 should take Block One, which includes many recent lectures by Maharishi on the principles of teaching and the role of the Certified Governor. Many of the lectures were recorded during the first Governor Refresher Course held simultaneously in several locations around the world in April-May 2005.

Block Two will thoroughly refresh the seven steps of teaching Transcendental Meditation, particularly steps two to seven, as the Introductory Lecture is refreshed during Block One. The few months between the end of Block One and the start of Block Two will allow Governors time to refresh their knowledge of the teaching notes at home before attending Block Two. According to Maharishi’s guidelines for the course, the daily schedule of the course includes both deep experience and deep focus in activity, with longer practice of the Transcendental Meditation and Transcendental Meditation Sidhi Programme.

We warmly encourage all Governors who have not yet had the opportunity to attend the Governor Refresher Course, to apply now to become Certified Governors. Governors who have attended the course have commented on how invaluable and enriching it is.

NOTE: Maharishi wanted all Certified Governors of the Age of Enlightenment to have the new official Puja picture, which is given out on successful completion of this course.
Selection of Maharishi Invincibility Centre:
All Governors should indicate before taking the course at which Maharishi Invincibility Centre or GMDO Centre they will be teaching after the course.

In preparation for the course:
- All Teachers are requested to refresh their knowledge at home before attending the course. This is especially so for Block Two, in order to be well prepared for the course and not find that there is too much to achieve in just two weeks.
- Teachers should bring their Puja sets and all their teaching materials to the Governor Refresher Course (any questions please contact your National Office).
- As the course is an aspect of TTC, Teachers should always uphold the standard of dress code of a Governor of the Age of Enlightenment.
- Tape recorders, mobile phones, cameras, or any other digital recording device are not permitted into the lecture hall.
- Teachers should bring a photo I.D. to present at the time of registration, such as a passport or driver’s license, as well as proof of payment.

Certified Governors are encouraged to teach full time, as the profession of a Governor of the Age of Enlightenment is a full-time profession. If Teachers cannot manage to teach on a full-time basis it will be good to resolve to teach regularly part time, which means at least every two weeks or every month or so. The course is designed for those who want to be active Teachers of Transcendental Meditation. Maharishi has said that a Teacher of Transcendental Meditation is someone ‘who is actively teaching’, because as they teach they grow in knowledge and experience and will become a greater and brighter lighthouse of knowledge and inspiration for their family, society, nation, and the whole world.

‘The creation of Heaven on Earth is the most desirable project in the entire history of human race. The Teachers of Transcendental Meditation are the Founders of Heaven on Earth. They have that regenerative role in the history of mankind.’

— Maharishi

To apply for the Governor Refresher Course, or for more information, please contact your National Office.
Dear Enlightened Sidhas and Meditators,

It is a joy to announce a men’s International Transcendental Meditation Teacher Training Course (TTC), and a ladies’ International Transcendental Meditation Teacher Training Course (TTC) to be held from 9 April to 4 September for men, and from 17 October to 14 March 2014 for ladies (twenty-one weeks each), at MERU, Sint Odilienberg, the Netherlands—a European-standard facility with very good, comfortable accommodations.

This is a special opportunity for all Sidhas and Meditators in your country to be trained in the most supreme profession of all time—to gain the ability to whisper infinity and give the gift of Total Knowledge for life in happiness and fulfillment. This is that unique profession where one continually grows in knowledge and blossoms in enlightenment oneself while imparting knowledge for enlightenment and simultaneously creating the basis for Invincibility—Heaven on Earth—for the whole world.

The Transcendental Meditation Teacher Training Course for the Age of Enlightenment is a very precious gift from Maharishi for the enlightenment of every individual and the invincibility of every nation—for the creation of life free from problems and suffering, and for a healthy, happy world based on the health, wealth, and happiness of our world family.

— Maharishi

International Transcendental Meditation Teacher Training Course
for The Age of Enlightenment

9 April – 4 September (Men)
17 October – 14 March 2014 (Ladies)
Training

Maharishi’s ‘Transcendental Meditation Teacher Training Course for the Age of Enlightenment’ is taught by Maharishi through his videotaped lectures, and his standardized teaching procedures.

Graduates of the course will become qualified Teachers of Maharishi’s Transcendental Meditation Programme and will participate in bringing Maharishi’s Total Knowledge to people of all ages and the gift of higher consciousness for higher knowledge to the student population of the country.

One of the course requirements established by Maharishi is that all Teachers of Transcendental Meditation practise the Transcendental Meditation Sidhi Programme for their greater fulfilment and success in life. Those who are not yet practising the Transcendental Meditation Sidhi Programme will have the opportunity to receive instruction in this advanced programme before the TTC, in a special 25-day in-residence course prior to the TTC starting date.

Each Course Participant is asked to consider before the course with which Maharishi Invincibility Centre he or she will associate, or if there is no Centre in the area, where he or she plans to establish one after graduating from the course. The National Director or GMDO National Director can help them make their choice.

Being a Teacher of Transcendental Meditation is a full-time profession. Those applying for the course should have the desire to be full-time Teachers of Transcendental Meditation after the course. This is the most important profession for the transformation of life on Earth. There is a very timely need for enlightened Teachers of Transcendental Meditation in every city and town of every country.

The building at Sint Odilienberg has a very quiet and scenic surroundings, a beautiful lake, and a wonderful forest for daily walks.

The rooms are apartment-style, each having a private bathroom and a kitchenette with fridge and a separate wardrobe area. Rooms are spacious with big windows and good sunlight and air ventilation; they are well furnished, suitable for a long and pleasant stay.

The men’s and ladies’ TTCs will be held on a quiet and independent floor with well furnished dining and classroom facilities, flying hall, and a laundry room. MERU staff will make sure that the course will be very comfortable in every respect, including delicious organic meals, room cleaning, linen change, etc.
Course Dates

The duration of the course will be almost 5 months for both men and ladies.

For Men: The course begins on 9 April 2013 (arrival day) and continue full time until 4 September 2013 (departure day).
For Ladies: The course begins on 17 October 2013 (arrival day) and continue full time until 14 March 2014 (departure day).

Course Location

Full address details and information on how to reach the course location will be provided.

Language

The course lessons are in English, but translation into other languages can be arranged as necessary. The participants from each country will study the detailed course material in their own language.

Course Fee

Please contact your National Course Office or local centre for details of the TTC fee, and the additional fee for the Transcendental Meditation Sidhi Course for Meditators, which will be offered before the TTC (if there is a sufficient number of applicants). The full course fee for TTC includes the cost of room and board and general administration expenses.

Application Procedure

For more information about the course, the application, payment procedures, visa requirements, etc., please contact the National Course Office in your country.

Additional Information

Transportation to and from the course, visa application fee, health-care insurance, and any other personal expenses are the responsibility of each Course Participant.

It is important for applicants to apply as soon as possible. Applications should be submitted to the National Course Office in order for the required long-term visas to be arranged, applicants’ passport details are needed right away.

We look forward to welcoming you to become a cherished exponent of this supreme knowledge of life and to enjoy the greatest profession as a teacher of Total Knowledge with the ability to raise the quality of life for every individual and every nation and bring peace to the family of nations—Heaven on Earth.

With our very best wishes in Maharishi’s Sixth Year of Invincibility—Global Raam Raj

International Course Office
Maharishi Yoga Asana Teachers Training Course
For Governors

Systematic training to teach the 16 lesson Maharishi Yoga Asana Course – Learning to Establish and Maintain the State of Yoga
Aligning Individual Physiology with Cosmic Physiology

18 April – 6 May
11 – 29 September

The governors participating in this course will gain the deepest understanding and training in Maharishi Yoga Asana and after successful completion be able to teach the 16 Lesson Maharishi Yoga Asana course in the Maharishi Invincibility Centers and for the public.

Learning the practice of Yoga through Maharishi’s teaching gives a comprehensive understanding of the nature of Yoga—the unification of individual and cosmic life—as well as practical training in Yoga postures (Asana) and breathing exercises (Pranayama) that promote integration of mind and body, supporting health by bringing life into harmony with Natural Law.

Participants will get thorough training in teaching the 16 lesson course on Yoga Asana, demonstrating the postures and knowledge about the influence of each posture on the physiology. *

To Establish in the State of Yoga: ‘In the absolute state of balance, Yoga, is found the purpose of Asana. The unboundedness, most exalted state of totality, Brahm, that alone is eternally stationed in eternity – This is the supreme ideal of Asana.’ – Maharishi

Alignment with Cosmic Physiology: ‘The administrator of the body, the mind, has to be in tune with that cosmic administrator, so that whatever isolated fluctuations of the mind, they will never be out of alignment with the cosmic mind. To stabilize any pose of mind with the cosmic pose of infinity is the purpose of Asana. That means create a habit through the programme of Yoga Asanas that whatever be the state of the body, it is never out of alignment with the cosmic physiology.’ — Maharishi

Course fee: Euro 755.- (including meals)

Housing at MERU in St. Odilienberg:
• Single occupancy: Euro 630.-
• Double occupancy: Euro 405.- (per person)

To make your reservation online: http://www.merucourses.com

For assistance please email: courses@maharishi.net

* Please note that this announcement does not represent a change of policy with reference to offering the Maharishi College for Perfect Health short courses, and we still encourage all Governors to offer them all. But this course will give an extra level of knowledge that will be helpful with running this particular course. But this course will give a considerable extra level of knowledge that will be helpful with running this particular course with expertise and confidence.
This is a course of comprehensive training to be able to function as a Maharishi Vedic Health Coach in society.

The goal of the course is to enable Governors to advise Meditators, Sidhas, and the general public on maintaining good health and longevity through the knowledge of Maharishi Ayur-Veda. This profession will generate additional activities and revenue for the Governors, Centres, and national and international Movement.

The participants will gain deep knowledge and practical experience to give guidance and advice in the following areas:

- Good health through prevention
- Pulse reading
- Diet, digestion, and nutrition
- Use of food supplements
- Daily and seasonal routines
- Referring people to
- MVVT and Vedic Sound treatments
- MAV Panchakarma clinics and MAV physicians
- Maharishi Light Therapy with Gems
- Maharishi Aroma Therapy
- Maharishi Sthapatya Veda Consultations
- Maharishi Jyotish Consultations

List continues on the next page...
This course is based on the Maharishi Ayur-Veda short courses with a view to advise and guide people how to maintain perfect health. The knowledge contained in these courses is very elaborate and that is why many Governors have not been so confident to teach the courses and apply the knowledge for the benefit of the society.

This course will provide the much needed in-depth study and understanding in this area.

These activities in the area of Maharishi Ayur-Veda will strengthen the Transcendental Meditation activities and this mutual benefit will result in more success, fulfilment, and financial benefit for the individual Governor.

There will be regular follow-up activities, such as telephone conferences and webinars to clarify questions and to give the necessary support and updates to ensure the successful implementation of the knowledge gained during the course.

This course does not qualify or train individuals in diagnosis or treatment of diseases but is training coach and guide everyone to achieve freedom from disease and perfect health by enlivening the body’s inner intelligence and bringing balance, harmony, well-being, and good health through prevention using Maharishi Vedic Approach to Health.

Course fee including room and board: Euro 1755.-

To make your reservation online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
This Advanced Seminar will deepen all the knowledge learned in previous seminars (incl. Nadi Vigyan) and focus on principles of clinical diagnosis and therapy (incl. Dravyaguna) with patient demonstrations. Arrival on Friday 19 April (first lecture in the evening). The Seminar ends on Saturday 27 April after lunch.

Fee for Advanced Seminar including meals: Euro 640.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 245.-
- Double occupancy (two persons in a room): Euro 157.50- (per person)

Basic Seminar - 26 – 31 October (Block I and II combined)
(for health professionals, no prior training in Maharishi Ayur-Veda required)

This Basic Seminar is for all health professionals who want to expand the scope and effectiveness of their health care practice. Course participants will develop practical skills for the prevention, diagnosis and treatment of common diseases that can be immediately applied in their clinical practice. This introductory Seminar is the first phase of a planned thorough and extensive training program, which is being planned to become an expert in Maharishi Ayur-Veda.

The first lecture will be on Saturday 26 October in the morning; Block I ends on Monday afternoon and continues with Block II, which ends on Thursday after lunch 31 October. (It is also possible to attend only Block I; practicing Transcendental Meditation is recommended but not required at this stage.)

Fee for Basic Seminar, Block I and II combined including meals: Euro 575.- (Block I only: Euro 300.-)

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 175.- (Block I only: Euro 70.-)
- Double occupancy (two persons in a room): Euro 112.50- per person (Block I only: Euro 45.-)

Note: The course fee (for all the above seminars) includes organic vegetarian meals, handouts and course material, Vedic Recitations in Maharishi's Peace Palace at MERU as the schedule allows, and participation in the meditation group programmes (accommodation is additional, see above for details).

There is a reduced fee for full-time Governors and course participants from less wealthy countries e.g. from Eastern Europe and developing countries (details on request).

Course leaders: The lectures and seminars will be given by the most experienced exponents of Maharishi Ayur-Veda, including several leading Maharishi Ayur-Veda Vaidyas, international guest speakers and Dr. Walter Mölk.

Seminar locations: MERU, Station 24, Vlodrop and Willem Alexander Laan 1, Sint Odilienberg, The Netherlands. Meetings for the Advanced Seminars will be held primarily in Maharishi’s Peace Palace at MERU.

To make your reservation online: http://www.merucourses.com

For assistance please email: courses@maharishi.net
Maharishi Aroma Therapy
International Training Course for Medical Doctors and Health Professionals
4 – 14 November

This course is for all health professionals who wants to dive deep into the fascinating knowledge and experience of Maharishi Aroma Therapy, which brings us the revival of the ancient wisdom of one of the most natural systems of promoting holistic psychological and physical health and well-being.

After the course you will be able to apply the knowledge and prescribe the pure, highest quality VedAroma Essential Oils and the methods of their application according to the principles of Maharishi Ayur-Veda which will help to enliven the inner intelligence of the body to restore wholeness and balance to body, mind and emotions, and to help alleviate specific health conditions of your patients in a very natural and pleasant, yet profound and effective way.

Our previous International Maharishi Aroma Therapy Consultant Training Courses during the last 2 years, held in different parts of the world, were an overwhelming success, and we are happy to announce now our first Maharishi Aroma Therapy Training Course especially designed for medical doctors and qualified health professionals.

Course fee including meals: Euro 760.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 350.-
- Double occupancy (two persons in a room): Euro 225.- (per person)

To make your reservation online:
http://www.merucourses.com

For assistance please email:
courses@maharishi.net
Maharishi Aroma Therapy
International Course for Training
Maharishi Aroma Therapy Consultants

16 – 31 August

The revival of the complete knowledge of Vedic Aromatherapy, an aspect of Maharishi Vedic Medicine, brings us the ancient wisdom of one of the most natural systems of promoting holistic psychological and physical health and well-being.

The essential oil—‘the essence,’ ‘life force,’ or ‘soul’ of the plant—is present in the flowers, fruits, leaves, branches, seeds, root or rind of the plant. The innate intelligence in the herb awakens the inner intelligence of your mind and body.

VedAroma essential oils are balancing and normalizing in their effect; they enliven the body’s own self-healing mechanism, and restore life, health, and wholeness in body, mind, and soul. They can quickly uplift us, calm and relax us, motivate and inspire us, harmonize and balance our emotions, relieve physical symptoms of imbalances, and improve many basic physical and psychological functions.

The Department of Maharishi Aroma Therapy of the Maharishi College of Perfect Health in Vlodrop invites all those interested in the fascinating knowledge and experience of Maharishi Aroma Therapy with the pure, highest quality VedAroma Essential Oils, and who would like to apply this knowledge as Maharishi Aroma Therapy Consultants or Experts in marketing the VedAroma Essential Oils.

Course Programme

You will experience the powerful effects of the pure, certified organic and wild harvested VedAroma essential oils, learn how to apply them to greatly increase your physical, mental and emotional wellbeing, as well as promoting spiritual growth.

You will receive a wealth of interesting knowledge about essential oils, their properties and indications, their history, chemistry, and existing scientific research, including the unique EEG research of Dr. Keith Wallace and Dr. Alaric Arenander with the VedAroma essential oils.

And you will learn how to conduct a Maharishi Aroma Therapy consultation and how to prescribe the appropriate essential oils and methods of application for balancing the ‘doshas’ and helping common (small) health conditions.

Course fee including meals: Euro 1140.-

Housing at MERU in St. Odilienberg:
- Single occupancy: Euro 525.-
- Double occupancy (two persons in a room): Euro 337.50- (per person)

Requirements:
- This course is offered to Governors, Sidhas or Meditators of the Age of Enlightenment
- Applications should be approved by the National/International Course Office, Raja and/or Raj Rajeshwari
- Those applying should have a desire to apply the knowledge gained during the course either as Maharishi Aroma Therapy Consultants or as Experts for Marketing the VedAroma Essential Oils and natural perfumes.

To make your reservation online: http://www.merucourses.com
For assistance please email: courses@maharishi.net
Enlivening bliss and orderliness in consciousness and the physiology to accelerate the development of higher states of consciousness

It is said in the Veda that mantras, gems and herbs are the three primary means to support the development of higher states of consciousness and perfect health. In this course, our delightful focus is on gems, and how they profoundly support our health and spiritual evolution through the application of Maharishi Light Therapy with Gems.

There are three fundamental aspects to this course:

- **Subjective Experience:** Enjoying the benefit of personal treatments in MLG
- **Theoretical knowledge:** The origin and nature of gemstones, and how MLG works
- **Practical knowledge and Training:** Giving treatments to clients, organising and promoting MLG in the field

**Goal of the course:**

After successful completion of this course, participants will become Practitioners of Maharishi Light Therapy with Gems (at Phase 1 level) qualified to give treatments to healthy people and to those with minor imbalances. They will also get the necessary knowledge to give introductory talks on MLG.

**Who may attend:**

Governors are welcome to apply after approval by their National Office and the International Course Office, as well as by their Raja and/or Raj Rajeshwari.

They must have a working agreement with a Movement institution, and the necessary equipment should be already available or should be ordered before the start of the course. Treatments will be offered in a Maharishi Ayur Veda Clinic, Maharishi Spa or Peace Palace and in select Maharishi Invincibility Centres with proper Vastu.

**Course leaders:**

Joachim and Iris Roller, who developed Maharishi Light Therapy with Gems (MLG) under Maharishi’s guidance

Tel and Fax: 0031-475-538591

Email: mlg@maharishi.net

**Course fee:** Euro 1,250.- plus room and board

**Room and board at MERU in St. Odilienberg:**

Single room: € 1045,- Double room: € 807,50-

including delicious organic meals, accommodation, and group transportation.

**Note:** The number of course participants is limited to 20 due to many personal sessions.

Course language: English and German

**To make your reservation and pay online:**

http://www.merucourses.com

**For assistance please email:** courses@maharishi.net
Success of the 2012 course:

40 participants from 23 countries absorbed knowledge, presented it, worked together, developed skills, and enjoyed deep programs. Here are messages from two Governor participants:

From the U.S.: “This is a marvelous and brilliant course for those of us going out to introduce Consciousness Based Education programs in our countries. We loved every minute of the course,…. It has been a whirlwind of activity since we returned home; we are making great use of the knowledge already.”

From Kenya: “It is a very useful and inspiring course, and contained so much that can lead me to achieve my desire and goal for my country. What was so fulfilling and interesting is the overall content of the course. It provided us with clear guidelines, including the philosophy behind the program of CBE… The course leaders are excellent in the delivery. It kept bringing back to my mind what Maharishi stated: ‘The future of the world is bright, and that is my delight.’ Implementation of this program will surely transform all nations in the world.”

Purpose of the course:

To give the participants the knowledge, skills, practice in workshops, and packages of materials on the full range of Consciousness-Based educational programmes, with the ability to —

• Initiate and guide with confidence these programmes in their country;
• Make introductory presentations on these programmes to leaders, conferences, and meetings; and
• Help guide Governors in implementing these programmes in schools or colleges
Faculty conducting the sessions - lectures and workshops:

- **Dr. Susie Dillbeck**, President, International Foundation of Consciousness-Based Education; Professor of Education and Trustee, Maharishi University of Management

- **Dr. Ashley Deans**, Global Ambassador of Consciousness-Based Education; Executive Director, Maharishi School of the Age of Enlightenment, Iowa, USA, and its Director for 17 years

- **Dr. Michael Dillbeck**, Raja of France; International Research Professor and Trustee, Maharishi University of Management

- Beautiful video lectures by Maharishi

- Videos especially prepared for this course by—
  - **Br. Girish Varma**, Chairman of the Maharishi Vidya Mandir Schools Group—150 Consciousness-Based schools in India;
  - **Dr. Luis Alvarez**, Raja of Latin America, who has organized for the Transcendental Meditation and TM-Sidhi programs in over 300 schools and colleges in Latin America;
  - **Dr. Bevan Morris**, President of Maharishi University of Management, and Prime Minister of the Global Country of World Peace, who lectures worldwide on Consciousness-Based Education

- **If there are enough participants who favor a separate ladies’ section**, it will be taught by the Dean of Faculty of Maharishi University of Enlightenment, and Director of the Division of Higher Education, International Foundation of Consciousness-Based Education

Format of the Course:

Video or live lectures are followed by the participants integrating the knowledge—presenting what they are learning, applying it to their countries, and practicing in workshops.

Topics of the Course:

1. **Knowledge from Maharishi**—fundamental theory, key principles of teaching, communicating, course design, lesson design, and ideal routine of a Consciousness-Based school or university

2. **Becoming familiar with the packages of knowledge, materials, seminars, and courses for every country, including**—
   - Giving introductory slide presentations on Consciousness-Based education for different audiences
   - Implementing the Transcendental Meditation programme in a school, with a Follow-Up Knowledge Programme
   - 1-day seminar for Starting a Consciousness-Based School; and establishing it in stages
   - 1-day seminar introducing educational leaders to the Technology of Consciousness; 5-day seminar in which they learn Transcendental Meditation
   - Credit course for university students on creating an ideal society through the Technology of Consciousness
   - Professional Development Programmes for principals and teachers of Consciousness-Based schools

3. **Scientific research** on the Transcendental Meditation and Transcendental Meditation Sidhi programmes in education, including the latest studies; with workshops for practicing slide presentations

4. **Inspiring short videos of Consciousness-Based schools and school projects worldwide implementing the Technology of Consciousness**

*Continued on the next page...*
Course Materials for the Participant:
Each participant receives a ring binder containing all the printed material used in the course; a DVD of the inspiring short video documentaries of the Technology of Consciousness in schools worldwide; and a sample 20-minute presentation to a school principal by Dr. Ashley Deans.

Daily schedule in residence:
Late morning, afternoon, and evening meetings in the beautiful meeting hall of St. Odiliënberg, with extended group programme twice daily. Meals are served on site.

Translation:
English is the course language. When translation is needed, the extra fee of 55 Euro per day covering room and board for the translator can be shared by the participants of a language group.

Room, board, and the Course Fee for 14 days:
- Single occupancy: Euro 1050.-
- Double occupancy (two persons in a room): Euro 875.- (per person)

To make your reservation and pay online: http://www.merucourses.com

For assistance, please email: courses@maharishi.net

For further information about the content of the course: Dr. Susie Dillbeck <sdillbeck@Maharishi.net>
Panchakarma Technician Training Course

16 October – 20 November

Maharishi Vedic University invites students interested in programmes to bring Perfect Health to society to become Maharishi Ayur-Veda Technicians/Therapists and get positions in the Maharishi Ayur-Veda Health Centres or Maharishi Spas in their countries

Application procedure

Please use the standard application and recommendation forms (will be sent by Maharishi Ayur-Veda Administration International (MAAI) to National Office or the local Transcendental Meditation Centre under request), and send them back to Maharishi Ayur-Veda Administration, including a certificate of no contra-indication.

Criteria for eligibility

1. Regular practice of Transcendental Meditation: required
2. No smoking, no drinking of alcohol.
3. Very good health, physical and mental. A certificate of no contra-indication signed by an independent medical doctor is required.
4. Having a friendly, open and flexible attitude, being capable of taking care of other people and of cooperating with other Technicians, are some of the qualities expected of a Maharishi Ayur-Veda Technician.
5. Upper age limit: 50 years
6. Commitment to working full-time in a Maharishi Ayur-Veda Health Centre or Maharishi Spa after the course (a recommendation from the Director of the Spa or Health Centre is required).
7. Having had a taste of Ayur-Veda massages or treatments, e.g. abhyanga/shirodhara/basti (recommended)
8. The course is held in English. When translation is needed, it has to be organized by the participants (compensations for translators not covered by MVU).

Please apply by the 1st October 2013.

Tuition fee: Euro 2250.-
Housing: Room and board in Sint Odiliënberg: Euro 1225.-
Additional cost for translators: room & board
To make your reservation online: http://www.merucourses.com
For assistance please email: courses@maharishi.net
The Ministry of Health for the Global Country of World Peace is pleased to announce a Course Leader Training Seminar to qualify Governors to offer The Individual Is Cosmic course—featuring the Model of Vedic Physiology electronic display and give presentations to the public.

The course starts on the 1st of September at 20:30 hour and ends at lunch on 8th of September.

Participants should have taken the Individual is Cosmic course or the Youthful Brain course prior to applying for the Course Leader Training course where they will continue to deepen their knowledge of the model and their ability to express the main points to their students through subsequent workshops.

The Individual is Cosmic course is a powerful course which combines the sights and sounds of the electronic Model of Vedic Physiology with the intellectual understanding of Maharishi’s Vedic Science and Technology, incorporating a modern scientific perspective.

Upon completion of this seminar, Governors will receive a complete packet of teaching materials, including the course syllabus, PowerPoint lessons and video inserts, DVD of video lectures by Maharishi and Maharaja, video copies of lessons to use to review, and an audio file for the model in their language.

Following the course, there will be one or more webinars to give additional knowledge.

See a video presentation of the course and testimonials of course participants at:
http://www.meruevents.com/vedicphysiology/

Highlights of the Seminar include

- Experience of The Individual is Cosmic course, which combines the sights and sounds of the electronic Model of Vedic Physiology with the intellectual understanding of Maharishi’s Vedic Science and Technology, incorporating a modern scientific perspective.

- Presentations from medical doctors and scientists of the Ministry of Health on the inspiration and evolution of the Model of Vedic Physiology under Maharishi’s direct guidance; and practical applications of this profound discovery that human physiology is the expression of Veda and Vedic Literature, showing that the individual is truly cosmic.

- The precious opportunity to discuss the knowledge and your personal experience of the Model of Vedic Physiology with Maharaja Adhiraj Rajaram.

- Training in how to proficiently present and promote the knowledge contained in the course.
Course Leaders

Dr. Alarik and Dr. Cynthia Arenander, experienced Governors and educators, have taught *The Individual Is Cosmic* course at Maharishi University of Management, USA, and in Europe. Their blissful enthusiasm and expertise will support you as you gain proficiency in both Maharishi’s Vedic Science and the fundamentals of brain physiology.

Seminar Application and Payment Details

At the end to the Training Seminar, Governors will be certified to teach this course in their countries, providing greater health and growth to enlightenment for the citizens in each area of society.

The course will also provide a source of income for the local teachers and National Office.

It is expected that each Course Leader will have access to the Model of Vedic Physiology when he conducts the course. The Model can be purchased by the country or the teacher. See the application form for details.

The course will be held at MERU at our nearby facility in St. Odilienberg. Course Participants will also enjoy group program and organic vegetarian meals together.

Course fee including meals: Euro 315.-

Housing at MERU in St. Odilienberg:
- Single occupancy: **Euro 245.-**
- Double occupancy: **Euro 157.50-** (per person)

To make your reservation and pay online: [http://www.merucourses.com](http://www.merucourses.com)

For assistance please email: courses@maharishi.net
Maharishi Ayur-Veda Panchakarma treatments rejuvenate and purify your body of toxins and impurities and enhance your Ojas and Sattwa. They enliven your body’s own inner intelligence to bring about good health and well-being. All treatments at our Maharishi Ayur-Veda Centre are done according to authentic, traditional procedures as prescribed by Ayurvedic experts.

SPA treatments do not require change of your routine or special diet. You can receive SPA treatments while you are on a course at MERU. They will deepen your course-experience and enliven deeper silence in the physiology. A variety of other special treatments are offered as well: Maharishi Aroma Therapy, Maharishi Vedic Vibration Technology, Vedic Sounds, and Maharishi Light Therapy with Gems.

PANCHAKARMA

Panchakarma treatments need a special routine and diet. They require you to stay at our centre for several days to receive all the treatments and to gain the required rest. Our Vaidya (Traditional Ayur-Vedic Doctor) prescribes the treatment-sequence according to his diagnosis at your arrival. Panchakarma is normally taken for at least two to three weeks in residence, we have also designed special packages for three, five, and seven days.

Initial consultation with the Vaidya to determine your personal Panchakarma prescription will be priced at € 140.-. Follow up consultations during your stay are included in the treatment prices.

All panchakarma prices include accommodation and meals.

SHORT PROGRAMMES

3, 5, or 7 days of Panchakarma treatments
(Sample prices are listed below but the final price may vary as per Vaidya recommendation and the treatments taken.)

- 3 days: € 730 (eg: 2 Abhyanga, 1 Udvartana, 2 Shirodhara, 1 Swedana)
- 5 days: € 1,070 (eg: 3 Abhyanga, 1 Udvartana, 3 Shirodhara, 1 Swedana, 1 Matra basti)
- 7 days: € 1,290 (eg: 3 Abhyanga, 1 Udvartana, 2 Shirodhara, 2 Swedana, 2 Matra basti, 1 Nasya)

STANDARD PROGRAMMES

10, 14, 21 days of Panchakarma treatments
(Sample prices are listed below but the final price may vary as per Vaidya recommendation and the treatments taken.)

- 10 days: € 1,745 (eg: 4 Abhyanga, 1 Udvartana, 2 Shirodhara, 1 Vishesh, 2 Swedana, 2 Matra basti, 1 Shodhana basti, 1 Nasya)
- 14 days: € 2,295 (eg: 5 Abhyanga, 1 Udvartana, 3 Shirodhara, 1 Vishesh, 3 Swedana, 3 Matra basti, 2 Shodhana basti, 1 Nasya)
- 21 days: € 3,120 (eg: 6 Abhyanga, 1 Udvartana, 3 Shirodhara, 1Vishesh, 4 Swedana, 4 Matra basti, 3 Shodhana basti, 3 Nasya)
### SPA Treatments

**Abhyanga**
- Gentle massage
  - 2 technicians, 6 positions: 120 €
  - 2 technicians, 3 positions: 80 €
  - 1 technician, 1 hour: 60 €

**Udwartana**
- Stimulating massage with paste
  - 2 technicians, 6 positions: 135 €

**Shirodhara**
- Flowing oil stream on the forehead: 70 €

**Vishesh**
- Deep massage: 120 €

**Pizicili**
- Massage under warm flowing oil: 235 €

**Maharishi Light Therapy with Gems**
- 3 sessions with standard beamer: 180 €
- 3 sessions with big beamer: 250 €
- Use of essential oils to enliven the body's own healing mechanisms: 50 €

**Maharishi Aroma Therapy**
- Use of essential oils to enliven the inner intelligence of the body to restore health and well-being:
  - First disorder (3 treatments): 900 €
  - Each additional disorder (3 treatments): 450 €
  - For same disorder - if repeated within 3 months (3 treatments): 450 €

**Maharishi Vedic Vibration Technology**
- Balancing the physiology through listening to Vedic vibrations: 300 €

**Initial Vaidya Consultation**
- Ayurvedic meals and supporting programme: 20 €
- Room Rent: 35 €

### Individual Treatments

**Gharshan**
- Raw silk glove massage followed by oil: 135 €

**Kalari**
- Strong, dynamic massage to lift life energy - relieves stiffness and injury:
  - 2 technicians, 5 positions: 150 €
  - 2 technicians, 3 positions: 120 €

**3 pos. Kalari + Swedana**
- Ideal combination/package offer: 160 €

**Swedana**
- Herbal steam bath: 50 €

**Pindaswedana**
- Herbalised rice bolus for tissue renewal:
  - Full body (includes 3 pos. Abhyanga): 300 €
  - Local (back and or specific areas): 160 €

**Patrapotali**
- Herbalised bolus for pain relief:
  - Full body (includes 3 pos. Abhyanga):
    - Day 1: 200 €
    - Day 2: 180 €
    - Day 3: 180 €
  - Local (back and or specific areas):
    - Day 1: 100 €
    - Day 2: 80 €
    - Day 3: 80 €

**Takradhara**
- Flowing, herbalised buttermilk on the forehead - 2 technicians, includes 1 pos. Abhyanga:
  - 1 day: 160 €
  - 3 days: 490 €
  - 5 days: 840 €
  - 7 days: 1210 €

**Nasya**
- Treatment for the head (including neck and shoulders) for clarity of mind and sinus area: 90 €

**Matra Basti**
- Mild enema with herbalized oil: 40 €

**Shodhana Basti**
- Herbalized enema for elimination: 50 €

**Kshir Basti**
- Enema with herbalised milk for rejuvenation and strength: 50 €

**Brimhana Basti**
- Herbalised enema for nourishment and strength: 50 €

**Shiro Basti**
- Herbal oil head bath: 80 €

**Kati Basti**
- Oil treatment for lumbar region: 60 €

**Hrid Basti**
- Oil treatment for the heart: 50 €

**Netratarpana**
- Relaxing eye treatment: 50 €

**Karna Purana**
- Ear therapy with oil: 30 €

**ShiroAbhyanga**
- Thorough head massage (including neck and shoulders) - optional to precede eye or ear treatment, can also precede Shirodhara instead of full Abhyanga: 40 €

---

For reservation, detailed programmes please visit:
http://MeruHealthCentre.com

For assistance and further details please email:
pk@maharishi.net

Telephone:
+31-651-074-226
Courses and Application:
http://www.merucourses.com

Email: courses@maharishi.net
Tel.: +31-475-539 539
Fax: +31-475-539 568

MERU:
http://meru-mvu.org

MERU (Dutch):
http://meru-vlodrop.nl

MERU Maharishi Ayur-Veda Health Centre:
http://MeruHealthCentre.com

MERU Events:
http://MeruEvents.com

MERU – Vlodrop

Address:
MERU
Station 24
6063 NP Vlodrop
Netherlands

Coordinates: 51°9’23”N 6°9’14”E

MERU – Sint Odilienberg

Address:
MERU
Willem Alexanderlaan 1
6077 BX Sint Odilienberg
Netherlands

Coordinates: 51°8’28”N 6°0’3”E