Course Details

Course Structure
• Orientation Weekend.
• Part One: Three Residential Weekends.
• Part Two: Two-Week Residential Course.

Requirements
• Regular practice of Transcendental Meditation for a minimum of two months.
• One TM Residential Weekend or longer course since March 2015.
• Recommendation from a TM Teacher.
• TM-Sidhi Programme Orientation Weekend including interview.

Dates and Locations for Part One
We are offering the choice of two locations for Part One.

Maharishi Garden Village, Rendlesham, Suffolk
• Orientation Weekends: 11-13 Dec, 31 Dec-2 Jan, 5-7 Feb, 19-21 Feb
• TM-Sidhi Course: 11-13 Mar, 15-17 Apr, 13-15 May
Tel: 01394 421136
Email: info@peacepalace.org.uk
Website: uk.tm.org/web/suffolk/retreats

Maharishi European Sidhaland, Skelmersdale, Lancashire
• Orientation Weekends: 22-24 Jan, 12-14 Feb, 26-28 Feb
• TM-Sidhi Course: 18-20 Mar, 29 Apr-1 May, 27-29 May
Tel: 01695 516171, 10.00am-1.00pm Mon-Fri
Email: courses@goldendome.org.uk
Website: www.goldendome.org.uk

Dates and Location for Part Two, Yogic Flying Course
• 22 July - 5 August 2016, Maharishi European Sidhaland.

FEES AND NEXT STEPS

Course Fees
• Standard: £1,920
• Couples: £2,880
• Full-Time Students: £1,280
• Concessions: £1,536*

All fees can be paid in four instalments: 4 March, 1 April, 29 April, 27 May.

Orientation Weekend Fees
• Maharishi Garden Village: £245 (standard), £228.50 (first-timers and concessions)
• Maharishi European Sidhaland: £239 (standard), £199 (young people), or £299 (en-suite in local B&B).

Meals and Accommodation Fees per Weekend for Part One
• Maharishi Garden Village: £114
• Maharishi European Sidhaland: £114 (standard), £179 (en-suite in local B&B).

Meals and Accommodation Fees for Part Two - Two Weeks in Residence
• Maharishi European Sidhaland: £550 (standard)
• £777 - £999 (en-suite in local B&B).

The Next Steps
1. Find out more about the TM-Sidhi Programme by visiting uk.tm.org/tm-sidhi-programme or contact the TM National Communications Office, Tel: 01695 51213, Email: ukenquiries@tm.org
2. Contact a TM Teacher to discuss your application.
3. Book a TM Residential Weekend if you have not attended one at all or not since March 2015.
For details see TM Breaks below. You can attend two of the Orientation Weekends to fulfil this requirement.
4. If you have already been on a TM Residential Weekend or a longer course since March 2015 please book your Orientation Weekend.

TM Breaks
To find out more about TM Residential Courses please visit uk.tm.org/weekend-breaks

Transcendental Meditation, the Advanced Techniques of Transcendental Meditation, the TM-Sidhi Programme, and Maharishi Vedic Technology are registered by Maharishi Mahesh Yogi, are protected by US Patent 4,327,872, and are under licence to Maharishi Foundation, registered in the UK and other countries.
*The TM-Sidhi Programme is the key to heavenly life on earth. This is because it trains the conscious mind to function from bliss consciousness, the self-referral state of pure consciousness, which is the total potential of Natural Law.” - Maharishi
**Fast Track TM-Sidhi Course starting March 2016**

*Without the usual requirement of four Advanced Techniques*

In response to the urgent need to create more harmony, peace and positivity in world consciousness, Maharishi Foundation UK has decided to offer one more Fast Track TM-Sidhi Course starting in March 2016 if a minimum of 40 Meditators apply.

The course will not require the usual four Advanced Techniques which can be learnt at any time after the course.

**The TM-Sidhi Programme®**

The TM-Sidhi Programme is a natural extension of Transcendental Meditation and accelerates the growth towards higher states of consciousness and realising our full potential - the state of enlightenment - 200% of life.

During Transcendental Meditation we learn to dive deep within and experience Transcendental Consciousness, the Self - the silent, inner, infinite, unbounded reservoir of energy, intelligence, creativity and bliss that underlies all our mental activity.

In the TM-Sidhi Programme we learn to think and act from this profound level of awareness, so that all our thoughts and actions are more effective. We develop increased skill in action - the ability to fulfill our desires naturally while at the same time promoting the evolution of everyone and everything.

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**Accelerating the Growth to Enlightenment and Creating Harmony, Positivity and Peace in the World**

*What participants from the 2015 Course say...*

*“The course attracts high expectations, but these were more than fulfilled. An amazing experience.”* - Kevin Molloy

*“This course was powerful beyond expectation. I feel it has fundamentally shifted my perspective in life and my way of thinking. It has been empowering and inspiring!”* - Tom Escott

*“From the first weekend of the course my meditation practice has deepened and I transcend immediately. I have had truly amazing experiences and my life has changed immeasurably. Awesome!”* - Sarah Codman

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**Yogic Flying™ and the Benefits for the Individual and Society**

*Yogic Flying™*

The practice of the TM-Sidhi Programme enhances specific channels of mind-body coordination from the deepest level of consciousness. The most powerful aspect of this programme is Yogic Flying. During the practice of Yogic Flying, brainwave synchrony is maximised as the body lifts up and moves forward in short hops. Internally, the experience is one of exhilaration, expanded awareness, lightness and ‘bubbling bliss’. These qualities carry over into daily life.

**Benefits for the Individual and Society**

Research on the TM-Sidhi Programme confirms a wide range of benefits even more pronounced than with Transcendental Meditation alone. More than 50 published scientific studies have also shown that when the TM-Sidhi Programme is practised in large groups, negative trends in society decrease and positive trends are enhanced. A powerful influence of coherence and harmony radiates in the environment, affecting the whole society. By practising the TM-Sidhi Programme we are enhancing our own evolution in a very blissful way, and at the same time we are helping to create a more peaceful world.

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