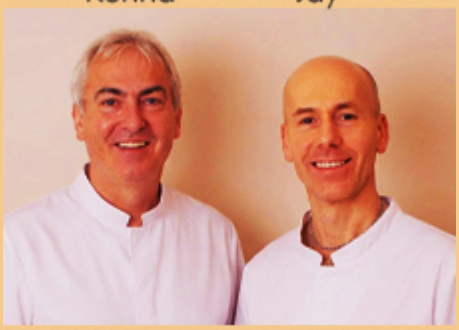
September Ayurveda Clinic update



Kenna Jay



David Devi

A fresh chapter for the Panchakarma Centre

There's an exciting new energy at the Panchakarma Centre in Skelmersdale, as Your Ayurveda takes the men's clinic forward into its next chapter.

While the heart of the clinic remains rooted in the Maharishi Ayurveda traditions and the approach to health and wellbeing that our community knows and values, Jay and Gibbie are looking forward to bringing fresh ideas, renewed enthusiasm and a real focus on creating a wonderful experience for every client who comes through the doors.

Jay will be taking care of the treatments and the personal touch that is so important to her, while Gibbie brings many years of business consultancy

experience and will be supporting the clinic behind the scenes as it grows and develops.

By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT

life with Leesha.

And it wouldn't be the same without our wonderful long-standing technicians, Davi and Kenna, who will continue to be an important part of the team. Their years of experience and familiar, caring approach are much valued by our clients.

We're really looking forward to this next stage and to welcoming both familiar faces and new clients to the clinic.

For bookings, enquiries or simply to have a chat about Panchakarma, please contact Jay on 07501 981722 or hello@yourayurveda.co.uk



By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT

fulfillment. Everyone should live this state of health all the time.

Ayurveda is the worlds oldest and most comprehensive scientific system of natural health care, originating in the ancient Vedic tradition of India. Formally recognized by the World Health Organization, it emphasizes prevention of disease as well as promotion of health and longevity.

In contrast with contemporary medicine, Maharishi AyurVeda is holistic, prevention-oriented, free from harmful side effects, and capable of treating disease at its source rather than at the superficial level of symptoms. This makes Maharishi AyurVeda both cost-effective and practical. Extensive research and experience have confirmed the age-old authenticity of Maharishi AyurVeda and proven its effectiveness.

MORE...

By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT



Tuesday 6th — Friday 9th October, 26
Tuesday **3rd** — Friday **6th** November, 26
Tuesday 1st — Friday 4th December, 26
Tuesday 12th — Friday 15th January, 27

Venue:
3 Rowan Lane, Skelmersdale, Lancs WN8 6UL

Ayurveda Consultations
October to December, 2026

Vaidya Amitha Rudraraju has been an Ayurvedic practitioner for over 24 years, both in India and the UK.
She gives monthly In-Person Consultations at our Ayurveda centre in Skelmersdale, Lancashire, WN8 6UL.

MORE...

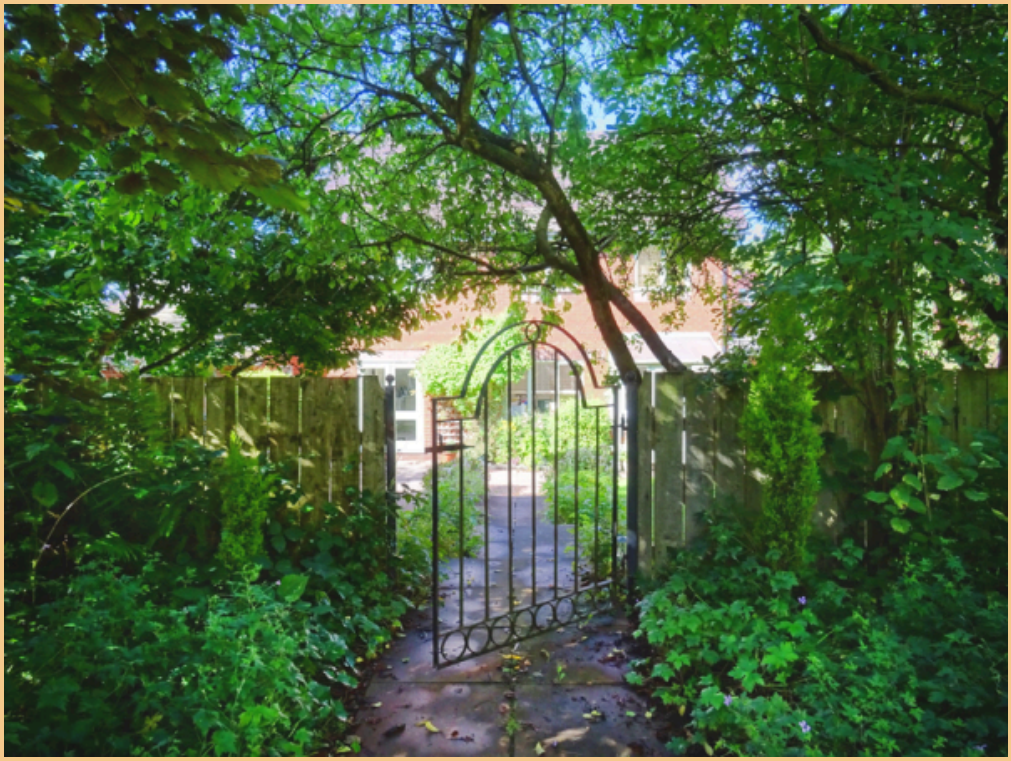
"I may say that the medication that Amitha prescribed for my Covid recovery is magical!!! A huge difference compared with my post-Covid

recovery period in September '22 — energies are almost back to normal."
— Margaret

By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT

have helped me a lot and I thank you for it."
— Annie





By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT



Nestled in the heart of the Transcendental Meditation (TM) community in Skelmersdale and through the garden gates of the Maharishi Dome, you'll discover the Maharishi Ayurveda Health Centre. Here, men and women can enjoy a wide range of Panchakarma treatments to help restore health and improve energy levels and zest for life.

You may like to just relax and surrender to the bliss that a one-day Panchakarma treatment can offer such as a 'One Day Wonder'.

This powerful duo consists of a Dosha-specific synchronised massage by two expert therapists, followed by a Shirodhara treatment where a continuous stream of soothing oil is poured across your forehead helping to calm your busy mind and melt away mental tension.

Following your treatment, you'll enjoy a cup of Ayurveda tea and a shower at the centre. If you've received a Shirodhara, we will ripen your oil and bottle it up for you to take home along with instructions on how to deliver self-Abhyanga at home.

Course participants receive 10% off Abhyangas or One Day Wonders. You might like to book in for a treatment whilst you attend a course to experience the whole package.

Our Vaidya, Amitha, delivers in-person consultations 4 days each month and considers your whole self; mental, emotional, physical and spiritual self. Following pulse-reading, Amitha can then curate a bespoke Panchakarma Programme uniquely for you, tailored to address specific ailments and doshic imbalances, if you so wish. As we are all completely different in our mind-body makeup this is how Panchakarma stands out from a 'general' detox.

Panchakarma, meaning five actions, is essentially a collection of Ayurvedic purification techniques incorporating one or more of five cleansing actions.

By using this site, you agree to our use of cookies to enhance your experience. More details can be found in our privacy policy.

ACCEPT

Maharishi Dome

Sitemap

Home
Meditate
Courses
About
News
Contact
Membership
Donate
Privacy policy
Terms and Conditions

Follow us

Contact

01695 51617
courses@maharishidome.org.uk

Maharishi Dome
Woodley Park Road
Skelmersdale
Lancashire WN8 6UQ
UK

Maharishi Dome © 2026 | Website by Raw

transcendental meditation

Maharishi Foundation*, registered educational charity 270157 (England & Wales) SC041919 (Scotland), owns the Maharishi* Dome and runs all of the courses and programmes in Transcendental Meditation*, the Advance Techniques of Transcendental Meditation* and the TM-Sidhi Programme*.