



Course timings

Residential weekends

Begin at 5:00pm on arrival day, and finish at 4:00pm on the last day. Meals and accommodation are provided.

Day courses

Begin at 9:00am and finish at 6:00pm. Lunch is provided.

Half-day courses online

Begin at 9:15am and finish at 12:30pm

Book online

www.maharishidome.org.uk

courses@maharishidome.org.uk | 01695 51617

Maharishi Dome, Woodley Park Road, Skelmersdale, Lancashire WN8 6UQ

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 Advanced Techniques of Transcendental Meditation* and the TM-Sidhi Programme*. © 2024 Maharishi Foundation



Courses For Meditators 2024

www.maharishidome.org.uk





RESIDENTIAL RETREATS

FEBRUARY 16 - 18

MARCH 28 - 30

AUGUST 23 - 25

DECEMBER 28 - 30

Includes a repeated sequence of easy yoga postures (asanas), a simple breathing technique (pranayama) and a period of Transcendental Meditation. This repeated sequence is called 'rounding' and is profoundly restful.

DAY COURSES

MARCH 3

JUNE 30

OCTOBER 27

Gives the experience of rounding, recordings of Maharishi Mahesh Yogi discussing experiences in meditation, as well as questions and answers. A day course is also recommended for anyone thinking of attending a residential weekend.

HALF DAY COURSES ONLINE

FEBRUARY 11

JUNE 9

OCTOBER 6

Experience in the comfort of your own home the benefits of extra meditation. Instruction in yoga asanas and pranayama is included, as well as a Q&A session.

Online courses are convenient for anyone not able to easily attend a day course in the Maharishi Dome.

ADVANCED TM TECHNIQUES

MAY 8 - 12

NOVEMBER 13 - 17

Advanced Techniques of Transcendental Meditation are taught by a specialist teacher over two days.

Four Advanced Techniques are required before taking our next course in the **TM-Sidhi Programme**. This is taught by TM-Sidhi administrators, fully residential and scheduled for 2024.