

Transcendental Meditation Carol Maher Meditation Retreat



Baulkham Hills 20th – 21st April 2013

I warmly invite you to join me on this special weekend of deep meditation and knowledge for the development of consciousness. Give yourself 2 days away from the hustle and bustle of everyday worries to focus on you, your health and well-being. I can't overemphasize the importance of a residential, advanced meditation programme especially with the pace and pressures of life in this technological age. We can't afford 'not' to take the time out to look after the needs of our health, happiness and personal development.

- **Course** – advanced meditation programme, breathing techniques, yoga
- **Knowledge Programme** – Ayurvedic principals of health and well-being
- **All Meals** – delicious vegetarian meals
- **One Night** - single accommodation – in a luxury ensuite double room

To Book or for more information click on [.goo.gl/13ije](http://goo.gl/13ije)