

MAHARISHI COLLEGE OF PERFECT HEALTH
MERU, HOLLAND



International Maharishi Ayur-Veda Training Centre

Presented on Guru Purnima, 2009
By the Health Ministry of the Global Country of World Peace

TRAINING COURSES

**Maharishi Ayur-Veda Postgraduate Training for
Health Professionals**



Maharishi Light Therapy with Gems



Maharishi Aroma Therapy



**Maharishi Ayur-Veda Health Educator:
Self-Pulse Diagnosis, Diet, Digestion, and Prevention**



**Maharishi Ayur-Veda Health Educator:
Yoga Asanas and Pranayama**



Vedic Mind-Body Programme: Perfect Mind-Body



**Special Course on
Presenting Medical Scientific Research**



Maharishi Mahesh Yogi
Founder of Maharishi College of Perfect Health

‘When the total intelligence of Natural Law—Veda—is lively in the individual physiology, there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole; and between individual intelligence and Cosmic Intelligence. In this state of complete integration, all thought and action are spontaneously in harmony with Natural Law and the individual enjoys perfect health.’

—*Maharishi*

Introduction

We are happy to announce the establishment of a new International Training Centre in Vlodrop, Holland, for the purpose of training professionals in our latest Maharishi Ayur-Veda health technologies, which have been developed under the direct guidance of Maharishi. Courses will be taught by the distinguished international faculty of the Maharishi College of Perfect Health. While participating in these practical training programmes you will enjoy deep silence in the blissful atmosphere created by Maharishi over many years.

Current Courses

Maharishi Ayur-Veda Postgraduate Training for Health Professionals—Basic Course

This introductory course includes an overview of all the different approaches of Maharishi Ayur-Veda, as well as an introduction to the basic principles and the use of clinical protocols for common diseases. Course participants will also learn pulse diagnosis and will be able to give dietary and behavioural recommendations, and prescribe Maharishi Ayur-Veda products for common diseases.

Maharishi Ayur-Veda Postgraduate Training for Health Professionals—Advanced Course

The advanced course consists of several modules. Topics will include: the diagnosis, prevention, and therapy of chronic and severe stages of disorders; pathology, pathogenesis, differential diagnosis; advanced pulse diagnosis; phytotherapy/materia medica, pharmaceuticals (Dravyaguna, Rasa Shastra, Bhaishajya Kalpana); Sanskrit; Discovery of Veda and the Vedic Literature in the Human Physiology; Yoga Therapy; Maharishi Aroma Therapy; Maharishi Light Therapy with Gems; the Vedic approach to clinical practice, community health, health education and the collective health of the society.

Maharishi Aroma Therapy Consultant

Essential oils are unique gifts of nature and are capable of enlivening the body’s own healing mechanisms to help restore health and wholeness in body, mind, and emotions. Participants will be trained to give personal consultations to determine the most suitable essential oils for the client (from a variety of more than 70 oils). These selected oils are then applied daily in the most appropriate manner, using either diffusers, inhalers, or respirators, or through gentle massage or internal application. Maharishi Aroma Therapy uses only certified organic oils of the highest purity and quality.

Maharishi Light Therapy with Gems™ Consultant

Nothing is as pure and imperishable and radiates light as splendidly as gem stones. They are the most orderly structures in the material world and emit the precise wavelengths of light which induce corresponding orderliness in the human body. Under Maharishi's guidance, a programme has been developed in which gem beamers (special emitters of light through gems stones) are used to purify the most subtle levels of the physiology and trigger self-healing processes. In a systematic procedure, you will be trained to determine which of 13 gem beamers are the best for your client. He or she will then be treated with the light of these particular gems while lying or sitting in a relaxed position.



Maharishi Ayur-Veda Health Educator: Self-Pulse Diagnosis, Diet, Digestion, and Prevention

Participants will be trained to teach courses to the public on Self-Pulse Reading, Diet, Digestion, and Prevention, using new interactive material. Topics include: feeling the degree of balance and imbalances in the pulse; feeling the influence of daily and seasonal cycles in the pulse; the nature of food and its inherent qualities according to Maharishi Ayur-Veda; selection of food in relation to age, state of health, environment, and daily and seasonal rhythms; the mechanics of digestion and how to improve digestive power; the influences of mind, senses, emotions, and behaviour upon digestion; the relationship of diet and digestion with the development of higher states of consciousness; complete metabolism of sensory experience for the prevention of illness; strengthening the immune system and reversing the ageing process; national and global health through prevention programmes that create coherence and invincibility in collective consciousness.

Maharishi Ayur-Veda Health Educator: Yoga Asanas and Pranayama

Yoga is the unification of individual and cosmic life, and includes the practice of Yoga postures (Asanas) and breathing exercises (Pranayama). Participants will be trained how to teach a special course on Yoga Asanas and Pranayama with new interactive materials. Topics include: Yoga and the integration of every aspect of life; enlivening the intelligence of all levels of the physiology through Yoga postures and breathing exercises; Bhagavad-Gita as the supreme textbook of Yoga; scientific research validating the benefits of Yoga exercises; Discovery of the Veda and Vedic Literature in the Human Physiology; and developing the state of Yoga through Maharishi's Transcendental Meditation and TM Sidhi Programme, which is the fulfillment of the practice of Maharishi Yoga.

Vedic Mind-Body Programme Consultant: Perfect Mind-Body

Participants will be trained to offer the Vedic Mind-Body Programme to the public. Utilizing the principles of Maharishi Ayur-Veda you will be able to determine the optimum level and type of exercise for each individual, along with specific recommendations for diet and lifestyle. Advanced medical devices will be used to evaluate and monitor the most ideal program for each individual to increase their fat metabolism and maximize cardiovascular efficiency. In order to create an optimal state of mind-body integration, an important part of the Vedic Mind-Body Programme is to introduce the numerous benefits of the Transcendental Meditation Programme to your clients.

Special Course on Presenting Medical Scientific Research

Learn how to enhance teaching skills in order to effectively present the 10 most important and latest scientific studies on the Transcendental Meditation and TM-Sidhi Programme in areas such as cardiovascular health, ADHD (attention deficit hyperactive disorder), and EEG coherence. New charts, teaching aids, and demonstration material will be utilized so that you will be able to make a powerful presentation of these critical and exciting areas of knowledge in your introductory lectures and educational and business presentations.

Future Courses

- Discovery of *The Ramayan in the Human Physiology* by Maharaj Adhiraj Rajaraam
- Healthy-Building Consultant: for architects, builders, and health professionals to learn the principles of ideal construction according to Sthapatya Veda, and to diagnose and correct sick building syndrome caused by medical hazards such as mold, toxic building materials, and harmful electromagnetic radiation
- Medical Jyotish Coordinator: training for health professionals
- A special course on the use of portable EEG brain coherence devices for corporate and other presentations on the Transcendental Meditation Programme

Course Dates

- Sept. 29 – Oct. 16, 2009: Maharishi Light Therapy with Gems
- Oct. 30 – Nov. 1 (or Nov. 8), 2009: Advanced Course for MAV Doctors
- Nov. 27 – Nov. 29 (or Dec. 4), 2009: Basic Course for Health Professionals
- Dec. 11 – Dec. 13, 2009: Advanced Course for all PK Doctors

A Precious Benefit of our International Training Centre: Daily Recitations by Maharishi Vedic Pandits



Maharishi Vedic Pandits perform Rudra Abhishek, a 3-hour Vedic ceremony, in Maharishi's Vastu every morning. In the afternoon, Shrimat Bhagavatam and Devi Puran are recited for one hour. These powerful Vedic performances enliven the perfect orderliness of Veda, the full potential of Natural Law, within the listener and in the whole environment. As a participant in our International Training Programme, you are entitled to attend certain of these Vedic recitations as your curriculum allows.

Accommodation and Meals

We are happy to help you to arrange accommodation in nearby hotels or other housing facilities, according to your preference. Organic meals are served in our dining hall at lunch and dinner.

For information and reservations please contact:
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