



Courses for Perfect Health in Seelisberg

Maharishi Yoga: First Course on Yoga Exercise

Creating physiological balance and mind body coordination through simple Yoga postures and breathing exercises. Explaining the effect on mind and body of all exercises and giving a deep and comprehensive insight of the value of Yoga on all levels of life.

Date: 24 Nov - 1 Dec 2007

Maharishi Ayur Veda Self-Pulse Reading Course for Prevention

Learning to detect balance and imbalance in the body by feeling one's pulse, and understanding how to correct imbalances through diet before disease arises.

Dates: 20 - 27 July 2007 / 29 September - 6 October

Maharishi Ayur Veda Course on Diet, Digestion, and Nutrition

Selecting diet on the basis of the individual physiology and the season; promoting optimal nourishment and health through balanced digestion – a very practical course.

Date: 27 July – 3 August 2007

For further informations and application: 0041 41 825 15 31, e-mail: maria.odermatt@bluewin.ch

Panchakarma Technician Training – Course for Ladies and Men

Get trained in the famous programmes to bring Perfect Health and well-being to the society and the individual and get a position in a Maharishi Health Center.

Date for ladies: 19 August – 18 September 2007

Date for men: 19 September – 18 October 2007

Panchakarma Technician Training Course Office

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Jai Guru Dev