



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)
Serving all Maharishi AyurVeda Health Professionals Worldwide

WINTER 2025



Dear Friends and Colleagues,

Welcome to the winter edition of the *IMAVF NewsMagazine*.

In this issue, we bring you a concise summary of the Global Family Chat addressing a historic milestone for consciousness-based medicine: the inclusion of Transcendental Meditation in the official U.S. heart guidelines. You will also find

highlights from the recent *Ayurveda Days* in Budapest, as well as a report on the presentation of a master's thesis by a graduate of the *Professional Training in Maharishi AyurVeda* at Alma Mater University in Maribor, now a Master's student in Health Sciences with a specialisation in Ayurveda at the same university.

In Part 2 of his series on Ayurvedic longevity in practice, Dr Ulrich Bauhofer shares timeless insights into sleep, stress and happiness, showing why true rejuvenation begins in everyday life.

This edition further includes updates on recently completed MCPHI courses, along with an overview of the 2026 course schedule, featuring a new course in Family Health Care.

With warm seasonal wishes and our appreciation for your work,

Dr Rainer Picha
IMAVF Chairman of the Board

P.S. Please invite your colleagues to join IMAVF – and if you are not yet an IMAVF affiliate yourself, please [click here to enroll \(or renew!\)](#)



A fragrant start to 2026:

Discover how Maharishi AyurVeda Aroma Therapy can support your health and spiritual practice in our **free New Year webinar**, including a personalised essential oil recommendation. Read more on [page 18](#).

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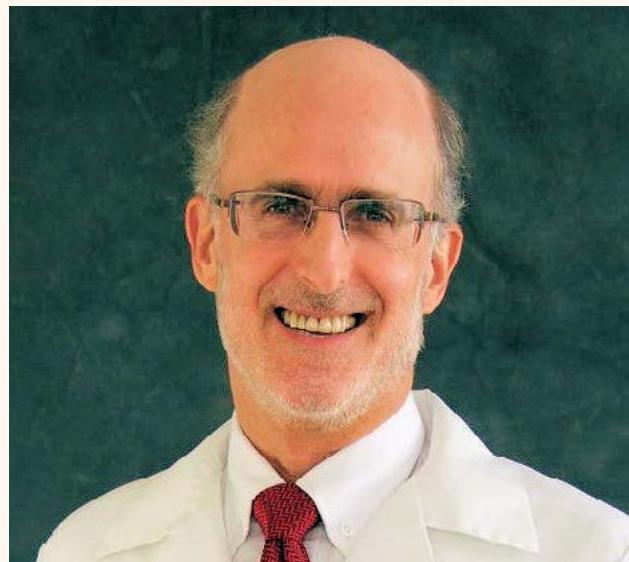
A historic milestone in medicine: Transcendental Meditation included in the official U.S. heart guidelines

Summary of the Global Family Chat, 30 August 2025

In a recent Global Family Chat, cardiologists Dr Rainer Picha and Dr Robert Schneider shared historic news that marks a turning point in modern medicine: for the first time, Transcendental Meditation (TM) has been officially included in the 2025 U.S. Clinical Practice Guidelines for the prevention and treatment of high blood pressure.



Dr Rainer Picha, MD – Cardiologist, Chairman of the Maharishi College of Perfect Health International, Minister of Health, GCWP



Dr Robert Schneider, MD, FACC – Distinguished Professor of Integrative Medicine and Health at MIU, Director of the Institute for Prevention Research, Fellow of the American College of Cardiology

A new era for consciousness-based medicine

For decades, practitioners of Maharishi AyurVeda and Transcendental Meditation (TM) have understood that stress reduction and balance in mind and body are central to health. Now, this principle has entered mainstream medical guidelines.

The American Heart Association (AHA) and the American College of Cardiology (ACC)—with endorsement from the American Medical Association—have formally recognised TM as an evidence-based method for preventing and treating hypertension.

The new AHA/ACC guideline states:

"In adults with or without hypertension, stress reduction through Transcendental Meditation may be reasonable to prevent or treat elevated blood pressure and hypertension, as an adjunct to lifestyle or medication interventions."

This is more than a symbolic milestone—it has practical implications for doctors, health systems, and patients worldwide.

Readers who wish to consult the official announcement can read the **NEWS UPDATE FOR HEALTH PROFESSIONALS: "AHA/ACC 2025 Guidelines Include Transcendental Meditation for High Blood Pressure"** here: » <https://bit.ly/4asAsq9>

Why these guidelines matter

As Dr Schneider explained, these guidelines are the foundation for clinical and insurance decisions across the U.S. They are the official recommendations used by government bodies and insurance companies when determining best practice and reimbursement policies.

Dr Schneider described this development as a *milestone in the evolution of modern medicine*.

When the AHA and ACC update their recommendations, the entire field of cardiology takes notice. Their influence extends well beyond the United States, often guiding European and international medical standards.

Stress reduction: a new category in heart care

The 2025 guidelines introduce, for the first time, stress reduction as a formal lifestyle recommendation. Alongside healthy diet, weight management, and physical activity, the guideline committee reviewed scientific evidence for methods that lower blood pressure through relaxation and mind–body balance.

Out of all approaches reviewed, only three showed meaningful results:

- Transcendental Meditation – strong evidence
- Device-guided breathing – moderate evidence
- Yoga postures – weak evidence

The guidelines further notes:

"There is consistent moderate- to high-level evidence from short-term clinical trials that Transcendental Meditation can lower blood pressure in patients without and with hypertension, with mean reductions of approximately 5/2 mm Hg in systolic and diastolic pressure."

Transcendental Meditation is therefore the only meditation technique recognised with strong evidence for lowering blood pressure and reducing cardiovascular risk.

The broader health benefits of TM

Dr Schneider also highlighted new research demonstrating that TM produces pleiotropic effects—benefits across multiple physiological systems.

Recent multi-centre studies show improvements in blood sugar regulation, insulin sensitivity, and modest but significant weight loss in women practising TM, further reducing risk for diabetes and cardiovascular disease.

These findings reinforce what Maharishi AyurVeda has long taught: **when awareness is established in pure consciousness, mind and body become more balanced and coherent.** TM calms the nervous system, normalises stress responses, and allows the body to heal.

A global turning point

Dr Rainer Picha emphasized that hypertension affects nearly everyone over a lifetime and is responsible for half of all heart attacks worldwide. He noted that European and international medical councils generally follow the American guidelines within a year or two and described this as *"a game changer for doctors who can start really prescribing this to their patients."*

Because health insurers also base their coverage decisions on these guidelines, this step could open the door to **insurance reimbursement for TM instruction**, further increasing accessibility for patients.

Dr Schneider added that insurance companies carefully assess cost-effectiveness and are likely to recognise the financial and preventive value of covering TM instruction once they review the evidence showing reductions in blood pressure, cardiovascular events, and hospitalisations.

Preparing for implementation

Both doctors underscored the importance of being ready for growing professional interest. They proposed that TM organisations, medical associations, and Maharishi AyurVeda practitioners collaborate to provide clear materials and practical support:

- **Information packets** for physicians summarising the evidence and referral pathways
- **Brief brochures** for patients explaining how and where to learn TM
- **Online briefings** for TM teachers and health professionals on communicating this new medical development

Dr Picha noted that physicians might soon be asking how to prescribe Transcendental Meditation and where to refer their patients, and urged the TM and Maharishi AyurVeda community to be ready to guide them.

Dr Schneider concluded: *"I think our country and every country, the doctors who are keen on this knowledge need to think together with the teachers and the organizers in their country. How can we make this accessible?"*

Conclusion

The inclusion of Transcendental Meditation in the official heart guidelines represents a powerful convergence of modern science and timeless Vedic wisdom. It validates what Maharishi long emphasised: that the experience of transcending restores balance and coherence throughout mind and body, forming the foundation of true preventive medicine.

For the global community of Maharishi AyurVeda practitioners and TM teachers, this is both a **recognition and a responsibility**—to ensure that this knowledge is accessible, practical, and widely shared.

Maharishi AyurVeda Days held in Budapest 14–15 November 2025



The Maharishi AyurVeda Days took place on 14–15 November at the **Verdi Budapest Aquincum**, organised by **Attila Szilágyi**, Founder of VedaSet, in collaboration with the **Maharishi College of Perfect Health International**. The two-day programme brought together practitioners, students, researchers, and members of the wider Ayurvedic community for a series of lectures, workshops, and traditional Vaidya consultations.

This year's event received strong international recognition. **Dr Tony Nader**, MD, PhD, MARR, Honorary President of the conference, and **H.E. Mr Anshuman Gaur**, Ambassador of India to Hungary, both delivered keynote addresses. The Ambassador expressed his support for the growing presence of Ayurveda in Hungary and extended an invitation to an upcoming Ayurveda event hosted by the Embassy. He also signalled openness to further collaboration in the future:



From left to right: Mr Zoltán Lupták, H.E. Mr Anshuman Gaur, Mr Attila Szilágyi

"I hope that the Ayurveda days become a recurring and stable platform for ideas, cooperation and inspiration for researchers, practitioners and all those who believe in holistic good living. May Ayurveda continue to guide us towards health, harmony and happiness."

Programme highlights

In addition to the keynote contributions from Dr Tony Nader and Ambassador **Mr Anshuman Gaur**, the conference hosted **17 expert speakers** from Hungary and abroad, including Dr Rainer Picha, Chairman of MCPHI and IMAVF, Dr Walter Mölk, Director of MCPHI and IMAVF, Dr Girish Momaya, Director of IMAVF and MERU, Raja Lothar Pirc, Board Member IMAVF and Entrepreneur, Dr Wolfgang Schachinger, Founder and Director of somamed. Sessions covered a wide range of themes—from clinical experience and research perspectives to applied knowledge for daily health.

Practical workshops formed a central part of the event. Participants learned about **Abhyanga self-massage**, basic principles of **pulse diagnosis**, **aromatherapy practices**, and sessions on **Ayurvedic daily routine and lifestyle tools**. The aromatherapy workshops, where participants received essential oils and learned about the mechanics of aromatherapy, generated particularly strong interest.



Vaidya consultations

Traditional Ayurvedic consultations were offered by **Vaidya Agrima Awasthi**, with **18 appointments conducted over three days**. Demand exceeded availability, with waiting lists forming and participants expressing appreciation for the personalised guidance received.



Looking ahead

Following this year's success, preparations are already underway for next year's Maharishi AyurVeda Days, planned for similar dates in 2026. The organisers also intend to expand educational offerings and continue strengthening the presence of Maharishi AyurVeda in Hungary.

Professional developments and community impact

Several new initiatives emerged around the event:

- A new five-day meditation and Ayurveda summer festival, **BeToGather**, will take place on the shores of Lake Balaton.
- The **first Ayurvedic treatment centre in Hungary** has been established, operated by **János Berger**, formerly with *somamed*.
- The Head of **HanAyurveda** is currently pursuing PhD research; Maharishi AyurVeda nutritional supplements will be provided to support her work.

A Master's student from Alma Mater Europaea also presented her thesis during the conference. (Read article on page 6.)



Conference organisers: Attila Szilágyi, Tamás Rumán, and Anita Rumán

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* BASED ON THE DISCOVERY OF PROF. TONY NADER MD, PHD • WWW.VEDICSOUND.ORG

Enhancing sleep quality through Transcendental Meditation and Maharishi AyurVeda

A master's thesis presentation at the Ayurveda Days in Budapest

At this year's *Ayurveda Days* in Budapest, one presentation attracted particular interest for its combination of scientific rigour and practical relevance for integrative healthcare. **Dr Katalin Molnár**, a graduate of the *Professional Training in Maharishi AyurVeda* at Alma Mater University in Maribor and a Master's student in Health Sciences with an emphasis on Ayurveda, presented her Master's thesis entitled:

"Enhancing Sleep Quality Through Transcendental Meditation and Maharishi Ayurveda in the Hungarian Population: An Integrative Approach."

Her work addresses a challenge that many practitioners encounter daily: insomnia and its far-reaching effects on physical, psychological and emotional health.

About the Presenter



Dr Katalin Molnár is a Hungarian internist, clinical immunologist and allergist, as well as a qualified naturopath and phytotherapist. She graduated from the Faculty of General Medicine at Semmelweis University and later specialised in internal medicine, followed by clinical immunology and allergology. Since 2008, she has also worked in the field of natural medicine.

In March 2023, she completed the postgraduate Professional Training in Maharishi AyurVeda for health professionals at Alma Mater University in Slovenia and subsequently enrolled in the Master's programme in Integrative Health Sciences, where she continues to study Maharishi AyurVeda at an advanced level. In her clinical work at Swiss Medical Hungary's Premium Clinic, she places particular emphasis on integrating Maharishi AyurVeda with modern medical care and applying its consciousness-based approach in everyday practice.

Why study insomnia?

Insomnia is not only common, but increasingly so — and it significantly impairs quality of life. Conventional pharmacological and behavioural treatments are often limited in their long-term

effectiveness or carry unwanted side effects. This reality provided the motivation for Dr Molnár's research: to explore whether a combined, non-invasive approach using **Transcendental Meditation (TM)** and **Maharishi Ayurveda (MAV)** could offer meaningful improvements for adults experiencing sleep problems.

From an Ayurvedic perspective, sleep disturbances are frequently associated with **Vata** and **Pitta** predominance. Kapha types tend to sleep longer and more deeply, while Vata types often have difficulty falling asleep and experience fragmented sleep, and Pitta types are prone to early awakening and light sleep. This classical understanding provided an important contextual framework for interpreting the study results.

Study design and methods

The research was designed as a **single-arm, pretest–posttest mixed-methods study**. A total of **37 Hungarian participants** with sleep complaints were recruited nationwide, with the support of TM teachers across Hungary. All participants were newly trained in Transcendental Meditation and practised both TM and Maharishi AyurVeda lifestyle recommendations between April and August 2025.

Before and after the intervention period, participants completed the **Athens Insomnia Scale (AIS)** and the **WHO Quality of Life Questionnaire (WHOQOL-BREF)**. In addition, a custom questionnaire captured subjective experiences related to sleep, quality of life and the perceived contribution of TM and Maharishi AyurVeda. Alongside quantitative statistical analyses, qualitative responses were evaluated using descriptive and thematic analysis.

Key Findings

The results were clear and compelling. Sleep quality improved significantly following the combined TM and Maharishi AyurVeda intervention. On the Athens Insomnia Scale, the average score decreased from **9.81** to **3.86**, representing a highly significant improvement ($p < 0.001$). Importantly, **19 participants shifted from the insomnia category to the non-insomnia category**, while no participants moved in the opposite direction.

Quality of life also improved across all domains measured by the WHOQOL-BREF—physical, psychological, social and environmental—confirming that better sleep was accompanied by broader improvements in daily functioning and well-being.

Participants' written reflections supported the quantitative findings. Most described better sleep continuity, improved daytime energy, reduced stress and a more stable mood. Notably, **94.1% of participants stated that they would recommend the combined use of TM and Maharishi AyurVeda to others with sleep problems.**

An Integrative Perspective

Dr Molnár's research highlights the **synergistic effect** of combining mental and physical approaches to health. TM supports mental balance and stress reduction, while Maharishi

Ayurveda addresses daily routine, diet and lifestyle — together aiming not merely to suppress symptoms, but to restore balance at multiple levels.

As Dr Molnár emphasised in her presentation, these methods are **accessible, non-invasive and well accepted by participants**, making them especially relevant in today's healthcare environment. At the same time, she stressed the importance of future **larger, randomised controlled studies** to further validate and expand upon these promising findings.

Inspiration for Future Maharishi AyurVeda practitioners

This Master's thesis offers a strong example of how graduates of the Professional Training in Maharishi AyurVeda can continue into academic research and contribute meaningfully to integrative medicine. Dr Molnár's work demonstrates how classical Ayurvedic principles, when applied systematically and evaluated scientifically, can address contemporary health challenges such as insomnia.

For practitioners and students considering advanced training in Maharishi AyurVeda, her journey provides both inspiration and a concrete illustration of how traditional knowledge and modern research can work hand in hand.

To learn more about the **Master's Programme in Health Sciences with an emphasis on Ayurveda** at Alma Mater University, please visit: » <https://mcphi.org/health-sciences-masters-degree-in-ayurveda/>

Information about the **Professional Training in Maharishi AyurVeda** for health professionals is available here:
» <https://mcphi.org/professional-training-in-maharishi-ayurveda/>



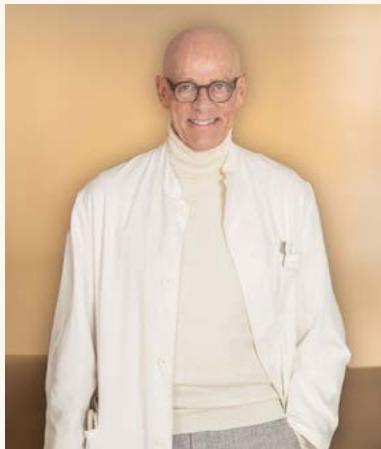
Dr Girish Momaya honoured with Excellence in Healthcare Award

During the International Health 2.0 Conference held in Dubai from 8–10 December, Dr Girish Momaya—IMAVF Board Member and Director at MERU—was honoured with an Excellence in Healthcare Award. This award recognises individuals who set outstanding benchmarks in healthcare through innovation and leadership, and was presented at one of the world's leading global platforms uniting stakeholders from healthcare, wellness, biotech, pharmacy and medical technology.

Ayurvedic longevity in practice

Part 2: sleep, stress, happiness – why rejuvenation begins in everyday life

By Ulrich Bauhofer, MD



Dr Ulrich Bauhofer, is a German physician and a pioneer of Maharishi AyurVeda in Europe. He is regarded as one of the most renowned Ayurveda experts outside India and a leading authority on energy, stress, and health management. Since the 1990s, he has advised major companies, delivered keynote lectures, and coached executives.

In this special two-part feature, written from the heart of his latest work, he shares timeless wisdom and modern research on how to live long—and live well.

When I speak about rejuvenation, I am not referring to a cosmetic intervention or a short-lived trend. For me, rejuvenation is a daily attitude – shaped by sleep, stress management, inner orientation and simple, consistently lived routines. This is where it is decided whether we lose vitality with the years or preserve it.

Sleep – the central instrument of regeneration

In my medical practice, I often speak about **sleep debt**. Not to create pressure, but to raise awareness. During sleep, vital repair and maintenance processes take place. If they are disrupted by chronic sleep deprivation, they cannot simply be made up later. What is missed is missed – and over the years it accumulates into a significant loss of vitality.

Sleep is the most important regenerative instrument we possess. It cannot be replaced by anything else. And yet, in everyday life it is repeatedly sacrificed – for appointments, series, social obligations or the feeling that one still needs to be productive. Most people know that sleep is important, but far fewer act accordingly.

At night, truly remarkable processes occur: during deep sleep, cells regenerate; hormones such as melatonin and growth hormone support healing and rejuvenation. The brain is cleansed via the glymphatic system, metabolic waste is removed, memories are organised, and important information is separated from the unimportant. If this cleansing process is regularly impaired, the risk of neurodegenerative diseases increases. Doing the laundry at night because you cannot sleep is therefore not a good strategy.

Our genetics developed over roughly two million years under a natural light–dark cycle. The light bulb, by contrast, has been around for about 140 years – an evolutionary blink of an eye. We feel this mismatch very clearly today. I am convinced that this knowledge should be taught in schools, ideally as part of health education.

As a society, our current relationship with sleep opens the door wide to what I call “health robbers”: late and heavy meals, alcohol in the evening, elevated cortisol levels and shortened deep-sleep

phases. Digestive enzymes are only produced to a limited extent at night, and the gut bacteria are, quite simply, assigned to other tasks at that time. Late eating, drinking and insufficient sleep systematically interfere with the body’s nocturnal repair work

Small steps instead of radical programmes

In Ayurveda, the guiding principle is to go to bed ideally around 10 p.m. Modern sleep research fully confirms this ancient knowledge. I have tried to live by this principle for decades – not dogmatically, but consistently. What matters to me most is thinking in **micro-steps**.

People who struggle to wind down in the evening benefit particularly from small, realistic changes: once a week, being in bed by 10 p.m. without compromise. Escorting the mobile phone out of the bedroom about an hour before sleep – kindly, but firmly. Avoiding blue light, arguments and horror films. Ventilating the bedroom well.

Calming scents such as lavender, sandalwood or bergamot act directly via the nose on the sleep–wake centre and the limbic system, where emotions are processed. Even something as simple as writing a list of tasks for the following day can be surprisingly effective – the mind knows they are “safely stored” and can let go.

I strongly advise against reaching too quickly for sleeping pills. They can become addictive. There are excellent Ayurvedic herbs that calm the nervous system and promote natural sleep.

Alcohol is no solution either. It increases cortisol levels, worsens sleep quality and leads to greater inner stress in the long term. The familiar glass of wine to “wind down” is particularly counterproductive when performance and clarity are needed the next day.

KNOWLEDGE

Stress – why calmness is efficiency

The busier things get, the more carefully I attend to stress management. I consciously take time for my morning and evening meditation – especially during demanding phases. Not out of duty, but out of experience: meditation relaxes and refreshes me to such an extent that I work with greater clarity and concentration afterwards.

I encourage people to make conscious choices in everyday life: a walk in nature instead of consuming distressing news. A breathing technique instead of endless scrolling. A calm conversation instead of the next stimulating series late into the night.

One simple acute technique for moments of intense stress is known as **palming**. The heels of the hands rest on the cheekbones, the palms gently cover the eyes so that complete darkness is created. Open a window, breathe deeply and remain in this position until the stress noticeably subsides.

I consider modern stress-measurement tools helpful when used sensibly. I use a ring myself to compare my bodily perception with physiological data. Such tools can support self-care and remind us that when we are well, those around us benefit too.

Happiness – an underestimated health factor

In the ancient Ayurvedic texts, happiness plays a central role. They speak of a **successful or fulfilled life**. What use is flawless skin into old age if a person is inwardly unhappy?

Within Rasayana, the Ayurvedic discipline of rejuvenation, there are not only physical measures but also the so-called **Achara Rasayanas** – behavioural principles that keep us young. Meditation, yoga, breathing exercises and an even state of consciousness are part of this. In our modern world, we live with a strong outward focus. Regularly going offline – both from the outer world and the virtual one – and going online with our deeper self is essential for inner balance. Genuine solutions arise in silence.

Modern longevity research confirms this perspective: perceiving meaning in life and prioritising activities that bring happiness measurably extends both lifespan and healthspan.

Happiness, for me, is an inner state. Goethe expressed it beautifully: *"The greatest joy is to dwell within oneself."* My most important source of happiness is therefore my daily meditation, as well as my family, my profession and nature. Cycling through Munich's English Garden in the morning, stopping, sitting on a

bench, enjoying the sunlight, the greenery and especially the birdsong, gives me a deep sense of contentment.

Spending time in nature has been shown to lower cortisol levels, activate the parasympathetic nervous system and strengthen immune function. Even around 20 minutes a day can have a noticeable effect.

Meaning, equanimity and inner hygiene

In my book *Active Rejuvenation*, I devoted an entire section to the subject of meaning. There is clear research showing that people – for example after a heart attack – live significantly longer when they can clearly define a deeper purpose in their lives. This may be family, a fulfilling profession or social engagement.

I experience my daily meditation practice also as a form of emotional or mental hygiene – like brushing one's teeth for the soul. Withdrawing twice a day for 20 minutes, consciously spending time with oneself, allows impressions to be processed and released.

The study of Vedic literature supports me in this as well. Texts such as the Upanishads or the Bhagavad Gita were read regularly by great Western thinkers. A common theme in these ancient writings is meeting all situations in life with an even state of consciousness – success and criticism alike. I find this deeply meaningful and personally enriching.

Movement – preserving vitality through daily activity

Many people believe that rejuvenation requires extreme athletic performance. From my perspective, this is a misunderstanding. What matters is not intensity, but continuity. One important insight that is still not widely known is that our muscles are not merely mechanical tissue – they function like a gland, releasing anti-inflammatory messenger substances when we use them. We quite literally benefit hormonally from movement.

At the same time, we need to understand a biological reality: muscle mass begins to decline from around the age of 30 and, from about 50 onwards, decreases by roughly one percent per year. This process, known as sarcopenia, largely determines whether we remain mobile and independent into old age or become frail and immobile. The good news is that we can influence this at any age.

Strength training is particularly effective in slowing muscle loss, but endurance, flexibility, stability and coordination are equally

important. One does not need to train excessively. Moderate, regular movement is sufficient. What matters is the sum of movement throughout the day.

I often encourage people to rethink everyday habits. Climbing stairs instead of taking the lift, for example, is far from trivial – walking up stairs has been associated with measurable life extension. Even simple actions count: standing up to fetch a document from another room, walking a few extra steps in the evening to reach a personal daily goal. About 8,000 steps per day can significantly reduce the risk of cardiovascular events, and these steps accumulate naturally when movement is integrated into daily life.

Personally, I cycle wherever possible, use a home trainer, practise yoga to maintain flexibility and pay attention to regular strength training. Long walks with my wife or friends combine movement with meaningful conversation – often without even noticing how the steps add up.

“It is not about doing more sport – it is about moving more.”

Nutrition – vitality begins at the cellular level

I was fortunate to encounter Ayurvedic nutrition early in my medical career. Freshness, plant-based foods, variety and simplicity form its foundation. I eat plenty of fruits and vegetables, plant proteins, nuts, seeds and kernels, as fresh and natural as possible, refined with Ayurvedic herbs and spices. These not only add flavour but also have specific physiological effects, supporting digestion, metabolism and blood sugar regulation.

For decades, I have eaten two meals a day: a main meal at lunchtime and a light meal in the evening. I have been vegetarian for many years, not out of ideology, but because this way of eating gives me vitality and clarity.

Even for people with limited time or financial resources, rejuvenating nutrition is possible. The principle is simple: as fresh as possible, as natural as possible, as colourful as possible. Eating a wide variety of fruits and vegetables – ideally around 30 different kinds per week – ensures an abundance of polyphenols and other secondary plant compounds that support cellular health. This focus on the cell is also central in modern longevity research.

External care alone is not enough. One can invest great effort in skin routines, but if the cells are ageing internally, the effects will inevitably show. True rejuvenation always works from the inside out.

“You cannot nourish the skin successfully if the cells beneath it are starving.”

Enjoyment without regret

I am often asked how strict longevity-oriented nutrition should be, and whether enjoyment is still allowed. I usually respond with a counterquestion: what does it really mean to treat oneself?

Sugar-rich, highly processed foods trigger inflammation, cause extreme blood sugar fluctuations and burden the body's fine regulatory systems. In contrast, fresh fruit, natural yoghurt, good honey, nuts, herbs such as mint, lemon balm or basil, and spices like vanilla, cardamom or cinnamon are not only enjoyable, but genuinely supportive of health. Over time, taste perception changes. Industrial sugar products begin to taste overly sweet and artificial.

This does not mean that celebration or indulgence is forbidden. It simply means choosing enjoyment consciously. I like the principle: enjoyment without regret.

Detoxification – supporting the body's natural intelligence

Detoxification is often misunderstood. The body does, of course, possess its own cleansing mechanisms. Effective detox practices, as taught in Ayurveda, do not replace these processes – they stimulate and support them. They are therefore a core element of Ayurvedic rejuvenation therapies.

In my own daily routine, detoxification is simple and consistent. I start the morning with warm lemon water, which provides freshness, stimulates metabolism and supports intestinal movement. Throughout the day, I regularly drink hot ginger water – an inexpensive, effective and uncomplicated tool to activate metabolism and cleanse the digestive tract and the body's fine transport pathways.

I also consciously include bitter vegetables such as artichoke, dandelion greens, rocket and chicory. Bitter substances

COURSES

stimulate bile flow, which plays a key role in transporting toxins stored in the liver out of the body. And, of course, sleep remains one of the most powerful detoxification processes we have – particularly for clearing metabolic waste from the brain.

“Good sleep is the most underestimated detox programme we have.”

Rejuvenation is not a luxury

Health does not arise in exceptional moments, but in everyday life. The Ayurvedic principles I have lived and taught for decades rely on simple, natural and affordable means – on daily health management rather than later repair.

For me, rejuvenation does not mean fighting ageing. It means consciously supporting life – through sleep, calmness, movement, nutrition, detoxification, meaning and inner clarity. Every single day.

Maharishi AyurVeda Marma Therapy courses inspire global participation at MCPHI



Expanding awareness through gentle touch

This autumn, the Maharishi College of Perfect Health International (MCPHI) once again opened the doors to one of its most transformative training experiences – the Maharishi AyurVeda Marma Therapy courses. Drawing participants from across the world, the series of trainings unfolded both online and in residence at MERU, The Netherlands, deepening understanding and practice of this ancient yet timeless healing art.

Marma Therapy is a profound branch of Ayurveda that focuses on the body's subtle network of vital energy points, known as

Marma points. These points are regarded as junctions where consciousness, energy (Prana), and matter meet. By gently enlivening these points, Marma Therapy restores balance, supports natural healing, and promotes harmony throughout mind and body.

In Maharishi AyurVeda Marma Therapy, this ancient wisdom is approached from the level of consciousness itself—refining awareness in both practitioner and client. The result is a deeply holistic method that not only addresses physical blockages but also enlivens the body's inner intelligence and balance at the subtlest levels of being.

COURSES



Courses for everyone – from self-care to professional practice

The Marma training offered by MCPHI unfolds in two distinct tracks:

- one for individuals seeking to apply Marma Therapy for personal and family well-being
- and another for licensed health professionals who wish to integrate it into their clinical practice.

Marma training for self-care and family use (Phases 1–3)

This three-phase programme is open to all who wish to explore and apply Marma Therapy in their personal life.

• Phase 1 – “Self-Care”

A live online introduction held at the end of September, attended by around 80 participants worldwide.

• Phase 2 – “Family Care”

An in-residence course at MERU, The Netherlands, from 3–4 October, focusing on practical techniques for use within the family.

• Phase 3 – “Client Care”

A continuation of the Family Care training from 5–7 October, for those wishing to assist others outside their household, but not in a professional healthcare setting.

Thirty participants from eleven different countries attended the in-residence courses, with the furthest participant travelling from Taiwan.

Marma Training for health professionals

The Professional Marma Training is a separate, advanced course exclusively for licensed health professionals with prior training in Maharishi AyurVeda and Maharishi Nadi Vigyan—and experience treating patients. This intensive in-residence training, held from 8–17 October at MERU, provided in-depth clinical experience and personal supervision.

All courses were led by an experienced teaching team: Dr Rainer Picha, Dr Walter Mölk, Kathryn Nolan, and Randol Oberson, who guided participants through comprehensive practice sessions and individual instruction.



And don't miss our in-depth blog article:

“Maharishi AyurVeda Marma Therapy: a gateway to holistic healing”

» <https://mcphi.org/maharishi-ayurveda-marma-therapy-a-gateway-to-holistic-healing/>

COURSES



Participants share their experiences

Phase 1 – Self-Care

“What impressed me most was the clarity and simplicity with which such profound knowledge was shared. The instructors guided us with warmth and authenticity; always making the sessions engaging and alive. Their ability to make even subtle points clear and practical, left me inspired and eager to continue learning more.”

— Isabella, Italy

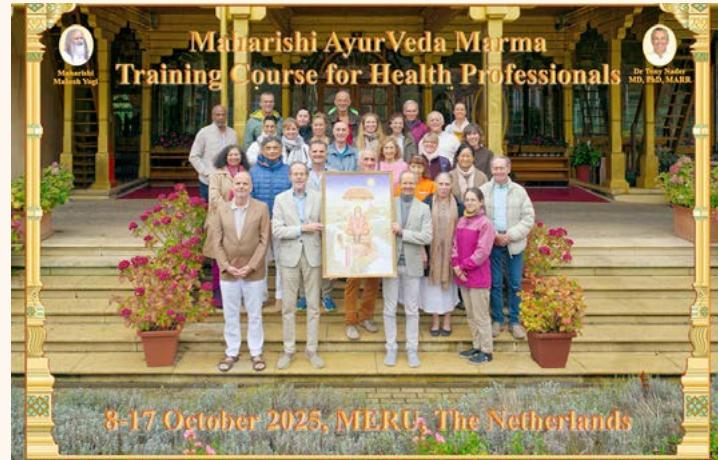
Phases 2 & 3 – Family & Client Care

“Maharishi's knowledge is always deep and fulfilling. I enjoyed the Marma course both as a practitioner and as a patient. After the second day of the course, a very interesting experience happened. Since 2020, due to Covid, I have partially lost my sense of smell and taste. After the treatment of the Marma points on my face, my sense of smell and taste was activated to a much greater extent than in the last five years. I am very much looking forward to share this wonderful knowledge with my family and my friends.”

— Dejan Berbatovic, Director of TM Association of Serbia

“Applying these treatments to myself significantly expanded my awareness of the Marma points on my own body. I gained a firsthand understanding of how a gentle touch can have a profound effect, balancing the entire body and its internal organs. This practice led to a deep release of tension within my nervous system, effectively removing internal stress and clearing blockages in the body's energy channels. The course content, schedule, and length were all highly satisfactory, contributing to a truly enriching and transformative learning experience.”

— Aleksandar, Serbia



Looking Ahead

The depth of insight and joy expressed by this year's participants reflects the transformative potential of Maharishi AyurVeda Marma Therapy—not only as a healing modality but as a pathway to greater awareness.

Encouraged by the success of the 2025 courses, MCPHI plans to offer all Marma training programmes again in 2026. Whether for personal growth, family well-being, or professional healthcare practice, the Marma courses continue to open new dimensions of understanding and healing. Please check out our course calendar.

Marma Training Courses 2026 – Save the Dates

Experience the gentle yet profound approach of Maharishi AyurVeda Marma Therapy—from personal self-care to professional application.

Phase 1 – Self-Care

13–14 June 2026 | Online

An accessible introduction to Marma Therapy for personal balance and well-being.

Phases 2 & 3 – Family & Client Care (in-residence)

2–8 August 2026 or 24–29 October 2026

The same in-residence course offered twice, allowing participants to choose the dates that suit them best. For those wishing to apply Marma Therapy beyond self-care, with extensive hands-on practice.

Phase 4 – Health Professionals (in-residence)

31 October – 4 November 2026

Advanced clinical training for licensed health professionals with experience in patient care.

Further details and registration at » <https://mcphi.org>

Experiencing Maharishi Gandharva Veda Music Therapy

Reflections from the European Tour



In August, the **Maharishi Gandharva Veda Music Therapy Tour** travelled across Europe, offering participants a direct experience of this unique approach to music therapy. The tour was organised by the Maharishi College of Perfect Health International in close cooperation with local Transcendental Meditation centres and took place at three locations: **Skelmersdale**, England (15–18 August), **Seelisberg**, Switzerland (22–24 August), and **Hamburg**, Germany (27–29 August). The journey culminated in the highlight of the tour—a seven-day in-residence course at MERU.

At each stop, participants were invited to engage in a carefully structured programme consisting of three core elements: a **Gandharva Veda concert**, a practical **workshop**, and individual **consultations**. The tour was led by **Dr Shubham Kulkarni**, an experienced Ayurvedic physician (Vaidya) and specialist in Maharishi Gandharva Veda Music Therapy, whose guidance shaped the depth and coherence of each event.

The audiences varied from local community members to health professionals, with particularly strong participation from doctors in Switzerland. As the first programme of its kind, the tour was met with an exceptionally positive response. Across all locations, participants described the experience as memorable, enriching, and inspiring.

The primary aim of the Gandharva Veda Tour was to introduce Maharishi Gandharva Veda Music Therapy to a wider audience and to allow people to experience its effects directly. As a form of music therapy, Gandharva Veda is valued for its ability to calm the nervous system, reduce stress and anxiety, promote deep relaxation, enhance focus, and restore inner balance. Feedback from participants across all venues indicated that these aims were fully met, with many reporting not only joy and inspiration, but also a profound sense of well-being and harmony.

Building on the success of this inaugural tour, discussions are already underway to continue and expand the programme in the coming year. As plans develop, further announcements will follow.

Please stay tuned to our course calendar for updates at » <https://mcphi.org/course-calendar/>



Maharishi AyurVeda Integrated Approach to Psychosomatics: third cycle completed with participants from 13 countries

The Department of Psychosomatics at MCPhi, Vlodrop, successfully completed the **third cycle** of the *Maharishi AyurVeda Integrated Approach to Psychosomatics* in 2025. The course ran online over seven months, with weekly 1.5-hour sessions, and was attended by **14 course participants from 11 countries** in the first section and **14 participants from 13 countries** in the second. Across all three cycles, nearly **50 course participants** have now been trained.

This year's programme offered participants a structured exploration of psychosomatics through the lens of Maharishi AyurVeda, Vedic Psychology and Psychiatry, supported by insights from neuroscience, genetics, molecular biology, and psychology. The curriculum deepened understanding of the multilayered structure of the mind-body system and provided practical tools for addressing common psychosomatic conditions, including anxiety and mild depression.

A new module, **Mind and Spirituality**, was introduced this cycle, examining the structure and function of the mind from a Vedic perspective. Topics included mental constitutions, cultivating Sattva, and the central role of consciousness in mental balance and spiritual integration. Transcendental Meditation and Maharaja's ***Consciousness Is All There Is*** were recommended as core resources.

This course offered a deep understanding of the different levels of the individual psychic structure and allowed the acquisition of useful tools for the treatment of the main psychosomatic disorders.

The teaching faculty included **Prof. Bruno Renzi** (Psychiatrist and Head of the Department), **Dr Lorenza Garghetti** (Paediatrician), and **Vaidya Manohar Palakurthi, PhD, BAMS** (Senior Maharishi AyurVeda clinician and educator).



Prof. Bruno Renzi — Psychiatrist and Head of the Psychosomatics Department, Prof. Renzi trained in both modern medicine and traditional Ayurvedic approaches. He has led stress-disorder programmes in Milan, taught internationally, and authored several books including *The Mind in Ayurveda*.



Dr. Lorenza Garghetti — A paediatrician with extensive ICU experience early in her career, Dr. Garghetti also brings deep Ayurvedic expertise, having trained globally and taught the Mother-Baby Programme in Europe. She is Co-Director of MCPhi.



Vaidya Manohar Palakurthi, PhD, BAMS — With more than three decades of experience in Maharishi AyurVeda, Vaidya Palakurthi is both a respected physician and educator, teaching internationally and serving as Clinical Director of the MIU Panchakarma Center.

With continued international interest, a new cycle of the course is scheduled for 2026. **Psychosomatics Part 1** will take place **4 May – 20 July 2026 (live online)**, followed by **Psychosomatics Part 2**, running **31 August – 14 December 2026 (live online)**.

More details at » <https://mcphi.org/department-of-psychosomatics/>

Twenty-six participants from sixteen countries complete the international *Maharishi Yoga Āsana Instructor Training* *A celebration of growth and dedication*

The international *Maharishi Yoga Āsana Instructor Training Course* (MYA ITC) came to a joyful close on 11 October 2025, marking the successful completion of an intensive, deeply transformative journey for **26 participants from 16 countries**.

This two-year training, offered by the Maharishi College of Perfect Health International, was designed and led by **Gudrun Buchzik**, Head Teacher and Head of the Department of Yoga Therapy.

"I feel honoured to celebrate this moment with you—the successful completion of your Maharishi Yoga Āsana Instructor Training Programme, which you have accomplished with such dedication, patience, and understanding."

— Gudrun Buchzik

Three phases of deep transformation

From March 2024 to October 2025, the MYA Instructor Training unfolded over **three progressive phases** that integrated knowledge, practical experience, and inner development.

Phase 1 focused on learning and refining the *Maharishi Yoga Āsanas* of Set 1.

Participants built a strong foundation in the correct and safe performance of each posture and developed deep insight into their biomechanical principles, effects, and contraindications.

A central aspect of this phase was experiencing **Yoga as a state of unity**—the integration of body, mind, and consciousness during practice.

Participants also received extensive practical guidance: observation, adjustment, and support techniques, teaching style, lesson structure, timing, corrections, and giving feedback in groups.

Additional topics included didactics and teaching methodology, individual adaptation of Āsanas, as well as the ethical foundations and lifestyle of a Yoga teacher.

On a professional level, the course offered practical advice for entering the teaching profession—including financial planning, organisation, and the basics of self-employment.

This phase comprised more than 185 hours of instruction through webinars, video sessions, and a digital in-residence phase.

In **Phase 2**, participants brought their knowledge to life.

In addition to writing a **30-page thesis**, they deepened their understanding of anatomy, physiology, and movement science. Practical teaching sessions and an internship provided opportunities to apply and refine what they had learned.

In **Phase 3**, the final phase, participants learned five *Prāṇāyāma* techniques, four versions of *Sūryanamaskāra* (Sun Salutation)—including one without inversions—therapeutic back exercises, and eleven new Āsanas, opening the door to an even deeper integration of Yoga, consciousness, and health.

The training was accompanied by a wealth of teaching materials—presentations, demonstration videos, handouts, and live calls.

In Phase 3 alone, participants submitted 25 video assignments and received detailed feedback, corrections, and personalised guidance.

"You have not only studied Yoga—you have lived it. You have integrated its principles into your daily life and shared its transforming power with others."

— Gudrun Buchzik

Deepening experiences and expanding awareness

Graduates reported that the training brought profound changes extending far beyond the physical level.

"Before the course, Yoga for me was merely a preparation for meditation. Now I know the true power of the Āsanas—they dissolve stress, harmonise body and mind, and deepen my meditation."

— Cécile

"I have practised the Maharishi Yoga Āsanas for over 20 years, but only through this training have I truly understood what Yoga is. When I practise now, I experience transcendence already within the Āsanas."

— Dr. Yvonne L.

"Practising the Āsanas with full attention, correctly, slowly, and without effort has completely transformed my experience. Consciousness itself transforms the practice."

— C.T.

"Since practising in this way, I come out of an Āsana session as if from a 45-minute meditation—with silent joy and inner peace."

— E. D-N.

COURSES

Official recognition and next steps

The Maharishi Yoga Āsana Instructor Training Course at the Maharishi College of Perfect Health International is **officially recognised by the European Yoga Federation**.

Each certificate bears its seal—a mark of quality, professionalism, and international recognition.

Graduates are now beginning to share their knowledge in their respective countries through **Maharishi Yoga Āsana MasterClasses, 16-Lesson Courses, individual coaching, and new workshops** on *Sūryanamaskāra* and spinal exercises.

Congratulations to all graduates

Warm congratulations to all participants on completing this exceptional journey in self-development and teaching mastery.

Their achievement stands as a testament to the enduring value of Maharishi Yoga Āsanas in integrating body, mind, and consciousness—a foundation for health, balance, and higher states of awareness.

"We cannot thank Maharishi enough for this technique that helps us develop higher states of consciousness—and we cannot thank Gudrun enough for her warm-hearted, patient, and inspiring guidance."

— E. D.-N

New Course: Family Health Course—strengthening well-being at home

8 February – 19 June 2026 • 20 live online sessions • Sundays, 19:30–21:30 CET



This practical online programme offers clear, applicable knowledge for creating greater harmony, resilience, and vitality in family life. Designed for parents, young couples, and anyone interested in supporting family well-being, the course addresses the needs of today's diverse and fast-paced households.

Participants learn how to support children's focus and sleep, maintain steady energy as adults, care gently for elderly family members, and establish simple, peaceful daily routines. Additional topics include strengthening immunity, improving digestion and nutrition, supporting emotional balance, and fostering a calm, connected home atmosphere.

Course Leaders

Prof. Bruno Renzi — Psychiatrist and Head of the Psychosomatics Department, Prof. Renzi trained in both modern medicine and traditional Ayurvedic approaches. He has led stress-disorder programmes in Milan, taught internationally, and authored several books including *The Mind in Ayurveda*.

Dr Lorenza Garghetti — A paediatrician with extensive ICU experience early in her career, Dr Garghetti also brings deep Ayurvedic expertise, having trained globally and taught the Mother-Baby Programme in Europe. She is Co-Director of MCPHI.

Translation will be offered if there is sufficient demand.

Fee: €250 per part / €450 full course
(reduced fee for lower income countries)

To register, please visit:

» <https://meru.international/online-courses/family-health-course/>

COURSES

Maharishi AyurVeda Aroma Therapy (MAAT): Training Pathway for 2026



A fragrant start to the New Year

Join us for a free **MAAT webinar** on **Monday, 29 December 2025** (1:30–2:30 pm CET), where you'll receive an essential oil recommendation for your most important health goal in 2026. This session explores how natural fragrances can enhance physical, mental, emotional, and spiritual well-being. Register soon to receive a short form on which your recommendation is based, with feedback given live during the webinar or later via email. A recording will be available for those unable to attend live.

Register at » <https://mgcwp.zoom.us/meeting/register/VsdSgzYCTfGvDZ9PG-BtQ>

The MAAT Foundation Course is a live, full-time online programme for anyone wishing to use essential oils to balance the Doshas and support health and happiness. Participants will learn about the properties and applications of essential oils, as well as relevant scientific research, including EEG studies by Dr Keith Wallace and Dr Alarik Arenander.

6 February – 17 March 2026 (Prerequisite for Consultant Training)

More details & registration at » <https://mcphi.org/maat-foundation-course/>

The Consultant Training Course – Phase I is for Foundation Course graduates who wish to deepen their knowledge and advance in their training, as well as for MAAT Consultants who want to refresh their knowledge. This online course explores in greater depth the actions and applications of essential oils, and the explanations of how essential oils work in relation to their chemical components and Ayurvedic qualities.

7 August – 15 September 2026

More details & registration at » <https://mcphi.org/maharishi-ayurveda-aroma-therapy-maat-consultant-training-phase-1/>

The Consultant Training Course – Phase II is for those who have completed Phase I and for MAAT Consultants who wish to refresh and deepen their knowledge. Participants refine their skills by working on case studies. They receive thorough feedback from experienced MAAT Consultants and after successful completion of Phase II, will be well prepared to give MAAT consultations..

3 – 12 December 2026 (Application opens soon.)

More details at » <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>



And don't miss our in-depth blog article:

“Discover the power of Maharishi AyurVeda Aroma Therapy”

» <https://mcphi.org/discover-the-power-of-maharishi-ayurveda-aroma-therapy/>

COURSES

Maharishi Light Therapy with Gems (MLG): Training Pathway for 2026



Phase I – Part 1

Online | On demand

For TM teachers and healthcare professionals practising the TM-Sidhi Programme

This self-study course provides the foundational knowledge of Maharishi Light Therapy with Gems (MLG).

It introduces the development of MLG by Professor Joachim Roller under the direct guidance of Maharishi Mahesh Yogi, integrating ancient Vedic wisdom with modern technology. The significance of gemstones in Ayurveda is explored.

Participants study gemstone properties from modern science and the Vedic Literature, and learn how light beamed through gems harmonises mind and body, supporting higher states of consciousness.

With Joachim, Iris and Orelia Roller

More details: » <https://mcphi.org/mlg-training-phase-1-part-1/>

Phase II

In residence | MERU Vlodrop, The Netherlands

13-30 November 2026

For TM teachers and healthcare professionals practising the TM-Sidhi Programme

This advanced course develops mastery of the full range of MLG practice. After completion, participants qualify as Phase II practitioners.

With Joachim, Iris and Orelia Roller, and guest speakers

More details: » <https://mcphi.org/maharishi-light-therapy-with-gems/>

Phase I – Part 2

In residence | Istanbul, Turkey

10-27 April 2026

For TM teachers and healthcare professionals practising the TM-Sidhi Programme

Prerequisite: completion of Phase I – Part 1

This in-residence training focuses on the practical application of Maharishi Light Therapy with Gems.

Participants gain both intellectual clarity and direct experience. Successful completion qualifies participants to give MLG treatments to healthy people and those with minor imbalances—the first professional step in the MLG training pathway

With Joachim, Iris and Orelia Roller

More details: » <https://mcphi.org/mlg-training-phase-1-part-2/>

COURSES

MCPHI 2026 Courses at a Glance

Date	Course Name	Location	Instructors
6 Feb – 17 Mar	<u>Aroma Therapy Foundation Course</u>	Live online	Andréia Castilho and guest speakers
8 Feb – 19 Jun	<u>Family Health Course</u>	Live online	Prof. Bruno Renzi & Dr Lorenza Garghetti
Mar 2026 – Mar 2027	<u>Professional Training in MAV</u>	Online & in-residence Maribor, Slovenia	Dr Gordana Markovic
10 – 27 Apr	<u>Maharishi Light Therapy with Gems Phase I, Part 2</u>	In-residence Istanbul, Turkey	Joachim, Iris, and Orelia Roller
4 May – 20 Jul	<u>Psychosomatics Part 1</u>	Live online	Prof Dr Bruno Renzi
31 Aug – 14 Dec	<u>Psychosomatics Part 2</u>	Live online	Prof Dr Bruno Renzi
13 – 14 June	<u>Marma Training Course, Phase 1 – Self-Care</u>	Live online	Dr Rainer Picha & Dr Walter Mölk
2 – 6 Aug or 24 – 29 Oct	<u>Marma Training Course, Phases 2 & 3 – Family & Client Care</u>	In-residence, MERU, Vlodrop, The Netherland	Dr Rainer Picha & Dr Walter Mölk
7 Aug – 15 Sep	<u>Aroma Therapy Consultant Training Phase I</u>	Live online	Andréia Castilho and guest speakers
31 Oct – 4 Nov	<u>Marma Training Course, Phase 4 for Health Professionals</u>	In-residence, MERU, Vlodrop, The Netherland	Dr Rainer Picha & Dr Walter Mölk
13 – 30 Nov	<u>Maharishi Light Therapy with Gems, Phase II</u>	In-residence, MERU, Vlodrop, The Netherland	Joachim, Iris, and Orelia Roller
3 – 12 Dec	<u>Aroma Therapy Consultant Training Phase II</u>	In-residence, MERU, Vlodrop, The Netherlands	Andréia Castilho and guest speakers
On demand course	<u>Maharishi Light Therapy with Gems Phase I, Part 1</u>	Online on demand	Joachim, Iris and Orelia Roller



Become an Affiliate of the *International Maharishi AyurVeda Foundation* Receive valuable benefits all year long:

Whether you are a professional in Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi Panchakarma, IMAVF was created to serve all your needs.

As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family. Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks and Prof. Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

IMAVF Affiliates are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

KNOWLEDGE BENEFITS

- Free subscription to our regular NewsMagazine and News Bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world and in all the disciplines.
- Access to Affiliate-only downloads, recorded webinars and presentations.
- **“Ask the Vaidya” Service for MAV-trained Doctors:** Submit specific questions about Ayurvedic diagnosis or treatment for a patient's challenging condition to our senior Vaidyas in India and get a detailed reply within 3–4 days.

SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% discount on International Ayurveda Congresses
- 10% discount on course instruction fees for all MCPHI courses (see » <https://mcpfi.org/course-calendar/>), such as:
 - MLG online on-demand and in-residence training courses
 - MAT Foundation and Consulting training courses
 - MYA courses
 - Vedic Agriculture courses
 - Vedic Dance courses(This 10% discount is valid for course fees, not meals or lodging costs - not valid with other offers.)
- 50% reduction on advanced webinars
- 10% reduction on MAV Online Training Programmes for Health Professionals offered by the *Institute of Integrative Ayurveda Medical Education, USA*, » <https://ayurveda-courses.org/professional-training/> (please contact healthministryoffice@maharishi.net for the coupon code)
- 50% Discount on Vaidya Webinar Series — view on-demand

COMMUNITY SUPPORT

- List your MAV-certified consulting services in our global Maharishi Ayurveda directory
- Announce your local or regional Maharishi AyurVeda health-related events in our online events calendar
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide

Enrollment in the IMAVF Affiliate programme gives you all these benefits for only 80 Euro per year.
(40 Euro for professionals from developing countries, MERU staff, and Mother Divine.)

If you are not a Maharishi AyurVeda professional (yet), you may join IMAVF as a Supporter for only 80 Euro per year.
(40 Euro for anyone from developing countries.)

To enroll as Affiliate or Supporter, please visit: » <https://imavf.org/benefits/>.

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