

# Living Ahimsa World Tour 2009-2012 ~ UK *with Mother Maya*



## At Heythrop College

Saturday, Nov. 12th, 2011

**Workshop: Living Ahimsa Meditation  
& Peace Mandala**

Full Day Event: £75

9:30am–12:00pm, Living Ahimsa Meditation  
with Mother Maya

1:30pm–4:30pm, Creating a Peace Mandala

Sunday, Nov. 13th, 2011

**Ayurveda Psychology—  
Cosmic Anatomy & The Mind**

Full Day Event: £75

9:30am–12:00pm / 1:30pm–4:30pm

Full Weekend Fees: £130

For directions to Heythrop, call 020 7795  
6800 or visit [www.Heythrop.ac.uk](http://www.Heythrop.ac.uk)

### Location:

23 Kensington Square  
Kensington London  
W8 5HN  
U.K.

**Registration Contact:** Patrizia Faggi

**Phone:** 020 7937 4916 / 020 7598 428 395

[info@BloomingLotusWellness.com](mailto:info@BloomingLotusWellness.com)

[www.BloomingLotusWellness.com](http://www.BloomingLotusWellness.com)

## AYURVEDA & LIVING AHIMSA RETREAT WITH MOTHER MAYA

In this up-close and inspirational weekend retreat with Mother Maya, we learn to apply the profound intent of ahimsa as a personal tool to awakening self-awareness and to live a life enriched by joy, humor, love and wellness. You will discover how to resolve hurt, despair and negative karmas and access the grace of your individual ancestral traditions. This program is designed with the following inter-active components:

- Ayurveda Psychology—Cosmic Anatomy & the Mind
- Creating a Peace Mandala with Nature's grains for harmony, healing and love!
- Living Ahimsa in thoughts, speech and action
- Practicing Living Ahimsa Meditation
- Developing Ahimsa Awareness in everyday life

### Mother Maya

Mother Maya (Maya Tiwari) is an outstanding spiritual leader/teacher who has been praised by the Parliament of the World's Religions for her quarter-century long extraordinary work in fostering wellness and inter-faith understanding. She is a cancer survivor, an acclaimed author of several best-selling books and the founder of Wise Earth School of Ayurveda, and Mother Om Mission. Having served more than a quarter century as a Vedic Monk belonging to India's prestigious Veda Vyasa lineage, Mother Maya has made the stunning decision to renounce her monastic title—Her Holiness, Sri Swami Mayatitananda—and, as she puts it, “walk a simpler and more accessible life in service of the populations in need.” She will be receiving the prestigious Dhanvantari International Award for her pioneering work in Ayurveda.

For live feed on the Living Ahimsa World Tour, go to: [www.mypeacevow.org](http://www.mypeacevow.org) • [wwwwww.mothermaya.com](http://wwwwww.mothermaya.com) • [www.facebook/MayaTiwari](http://www.facebook/MayaTiwari)