



TMC

THE MEDITATION CENTER

@425 PARK AVENUE

TRANSCENDENTAL MEDITATION

Individual and group classes for your company

Optimize the brain

Raise performance

Overcome stress

Improve health

TMC | The Meditation Center

425 Park Avenue, 26th Floor

New York City

Transcendental Meditation is a simple, easily-learned technique, practiced for 20 minutes twice a day, sitting comfortably in a chair with the eyes closed.

WHAT DOES TM DO?

During the Transcendental Meditation (TM) technique, the body gains a profound state of rest and relaxation while the mind is deeply settled yet wide awake and the brain functions with increased coherence.

More than 400 peer-reviewed studies verify the physiological and psychological benefits of Transcendental Meditation for reducing stress and stress-related disorders, including hypertension, anxiety, depression, and insomnia, while increasing creativity, energy, and focus.

Practiced by more than ten million people worldwide, TM does not involve a change in lifestyle, philosophy, or religion.





AXIOS

“We're perpetually in motion and distracted. **If millions of people over thousands of years found peace and clearer minds with mantras and quiet meditation, why not us?** One of the most alluring parts of TM was the notion of unlocking brain power that goes unused, and improving our mental health.”



MAYO
CLINIC

“**Transcendental Meditation is a simple, natural technique...** this form of meditation allows your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace, without needing to use concentration or effort.”



FORBES

“**Perhaps (TM's) greatest benefit is that it's relatively quick to learn and easy to master.** No waiting weeks or (needing) months of practice before you see results: TM cuts right to the chase, taking only days—or, for some, minutes—before one feels reprieve from their painful and overwhelming thoughts.”



CLEVELAND
CLINIC

“**Transcendental Meditation doesn't focus on breathing or chanting, like other forms of meditation.** Instead, it encourages a restful state of mind beyond thinking ... a 2009 study found Transcendental Meditation helped alleviate stress in college students, while another found it helped reduce blood pressure, anxiety, depression, and anger.”



RAY DALIO

Founder of Bridgewater Associates

“Transcendental Meditation is the single most important reason for any success I’ve had in life.”



ARIANNA HUFFINGTON

Founder and CEO of Thrive Global

“It’s the best thing I do for my health, my clarity, and focus—and my ability to enjoy my life.”



DR. SUZANNE STEINBAUM

CEO and Founder at Heart-Tech Health,
Private Practice Preventive Cardiologist

“TM is an ideal prescription to manage stress.”



DR. HASSAN A. TETTEH

AI Strategist and Health Mission Chief at
United States Department of Defense

“My resilience to handling all kinds of stress is so much better.”



RICK GOINGS

Chairman and Co-Founder of World Federation of Youth Clubs

“TM is a secret weapon I can use every day to give me more power.”

TMC | THE MEDITATION CENTER

The Transcendental Meditation program has been introduced to thousands of companies and organizations worldwide over the past fifty years, from leadership to the workforce. The team of certified, highly experienced TM instructors with The Meditation Center offers TM training to companies onsite or through one of the more than 1,000 TM Teaching Centers globally, including 150 Centers in the United States.



The Meditation Center, located at 425 Park Avenue, is a peaceful sanctuary from the bustle of New York City outside. It is built upon evidence-based foundations of a healthy building, as defined by the International Well Building Institute.

EVIDENCE-BASED BENEFITS

Nearly \$30 million in grants from the National Institutes of Health and the US Department of Defense have funded more than a dozen clinical trials documenting the benefits of the TM technique for reducing stress, healing trauma, and improving heart health. Findings have been published in journals of the American Medical Association, the American Heart Association, The Lancet Psychiatry, and more.

OPTIMIZES BRAIN FUNCTIONING

- Calms the brain's hyper-reactivity center
- Increases neuroplasticity in the brain and cell rejuvenation

OVERCOMES STRESS

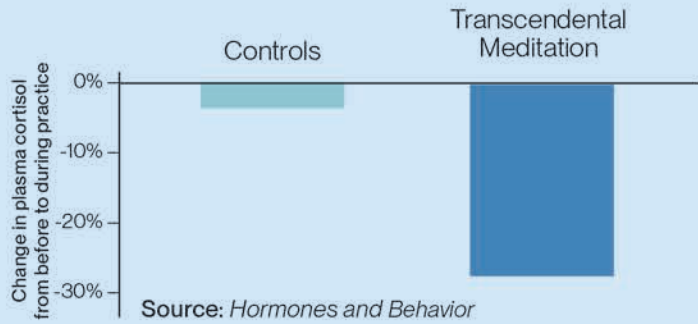
- Improves sleep
- Reduces cortisol (stress hormone) by 30 to 40 percent
- Reduces tension and anxiety
- Increases resilience

RAISES PERFORMANCE

- Improves focus, comprehension, and decision-making
- Increases productivity and job satisfaction
- Promotes innovative thinking
- Increases emotional intelligence

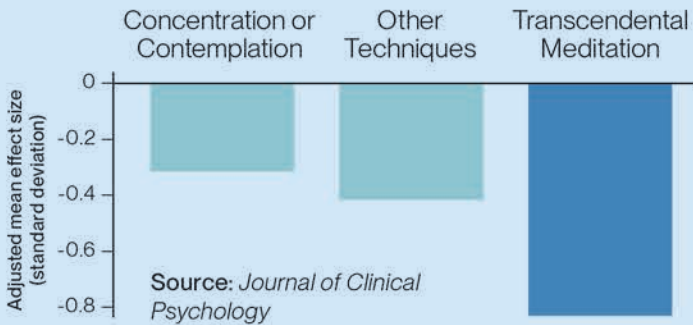
Scientific citations available upon request.

DEEP RELIEF FROM STRESS AND ANXIETY



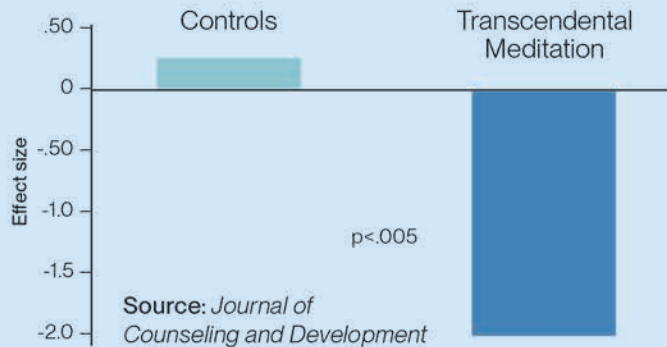
Reduces the stress hormone cortisol

This landmark study found the TM technique reduced the stress hormone plasma cortisol by 30%, whereas it did not change significantly in control subjects during ordinary relaxation.



Stanford study on anxiety

Researchers at Stanford University conducted a meta-analysis of 146 independent studies on the effect of various meditation techniques on anxiety. The study, published in the *Journal of Clinical Psychology* found that the TM technique is twice as effective at reducing anxiety.

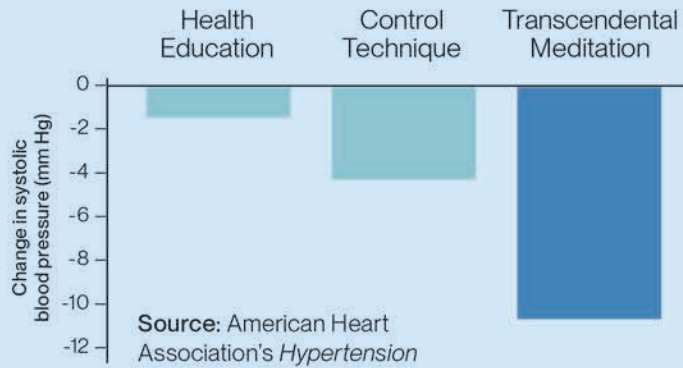


Reduced insomnia

The most common causes of insomnia are stress and anxiety. Many research studies have found that the TM technique is highly effective at producing a state of deep inner calm.

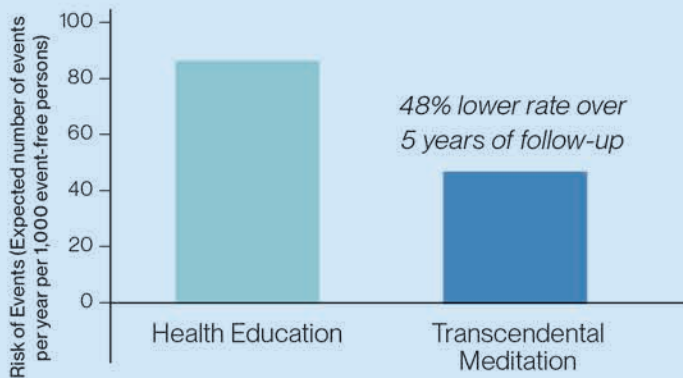
Many people report an immediate improvement in their sleep quality after learning the TM technique.

HEALTHY HEART FOR A HEALTHY LIFE



Lower blood pressure

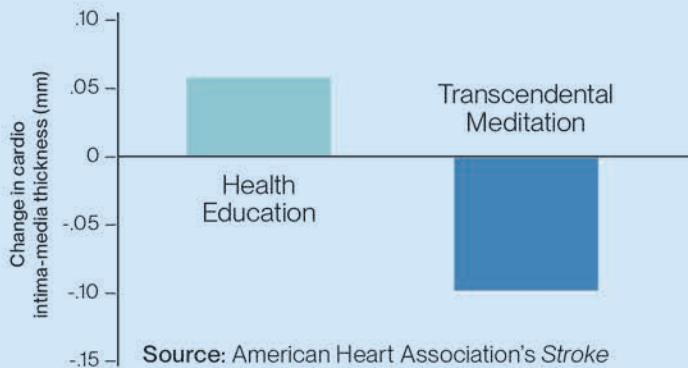
In its journal *Hypertension*, the American Heart Association reported that the Transcendental Meditation technique is the only meditation practice shown to lower blood pressure.



Major reduction in heart attack and stroke

A five-year study, published in the journal *Circulation*, on patients with ordinary heart disease reported a 48% reduction in heart attack, stroke, and death among meditators compared to controls.

Source: *Circulation: Cardiovascular Quality and Outcomes*



Reduction in atherosclerosis

This study, published in *Stroke*, found that those who learned the TM technique showed reduced thickening of the carotid artery. In contrast, the control group who received health education on diet and exercise had continued thickening of this artery.

PROGRAM OF TM INSTRUCTION

PHASE 1 | Introduction to the TM Technique

This first phase provides an introduction to the Transcendental Meditation (TM) technique.

Topics include:

- The urgent need for an evidence-based meditation technique to support mental and physical well-being in today's highly stressful work and home environments.
- Meditation defined: Understanding the mechanics and scientific research on the three main approaches to meditation: (1) focused attention, (2) open monitoring, and (3) self-transcending.
- How it works, what it does, and how it is taught.
- Highlights of the published research on the benefits of TM for improving mental and physical health, creativity and cognitive function, productivity and performance.

PHASE 2 | Four TM Instructional Sessions

The client is taught by TMC, The Meditation Center (on-site) certified TM instructor in how to meditate correctly for maximum benefit in daily life through four instructional sessions held over four consecutive days at TMC, The Meditation Center at 425 Park Avenue, 26th floor.

- **Session 1:** Personal instruction in the TM technique.
- **Session 2:** Ensuring you are meditating correctly and gaining the benefits.
- **Session 3:** Understanding the mechanics of how TM restores balance and reduces stress in the nervous system.
- **Session 4:** Exploring the long-term benefits of regular TM practice for optimizing mental and physical health.

PHASE 3 | 10 Day Refresher Session

An opportunity to meet with your TM instructor to ensure you are meditating correctly and discussing your experience of the initial 10 days of meditation.

PHASE 4 | Lifetime Access & Support

Access to, refreshers sessions, led meditations and featured conversations, interviews and seminars.

1. **Live morning and afternoon meditation with Bob Roth, CEO of the David Lynch Foundation, author and one of the most experienced and sought-after meditation teachers in America.**
2. **Monthly Meditation check-in with you TM instructor**
 - Ensure correct practice of the TM technique.
3. **Monthly Conversations, Interviews & Seminars**

Topics discussed with healthcare professionals, thought leaders and news makers to deepen participants' intellectual understanding of its mechanics and effects.



SUPPORTING THOSE WHO NEED IT MOST

The David Lynch Foundation's Center for Health & Wellness uses a portion of the course fees to offer TM instruction, free of charge to veterans, healthcare providers, youth, and survivors of domestic violence and sexual assault.



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