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David Lynch Foundation and NYC Mayor's Office to Combat Domestic Violence Partner to Bring Transcendental Meditation to Victims of Abuse

Partnership Announced During Panel Event Featuring Lena Dunham and Candy Crowley

New York, NY – October 10, 2013: On Tuesday, the David Lynch Foundation and the New York City Mayor's Office to Combat Domestic Violence announced a partnership to bring Transcendental Meditation to victims of domestic violence across New York City to help them heal from trauma and abuse. **Commissioner Yolanda B. Jimenez** of the Mayor's Office was honored at the event with the David Lynch Foundation's Lifetime of Service Award for her dedication to victims of domestic violence.

The partnership was announced at the David Lynch Foundation's "Women. Meditation. Stress" event at the Paley Center for Media in New York City. The luncheon was followed by a panel discussion where women professionals including **Lena Dunham** and **Candy Crowley** spoke to a crowd of over 300 people about their personal meditation practices. Lena Dunham, who began practicing Transcendental Meditation (TM) at the age of 9, discussed the history of TM in her family and how meditation has helped her deal with the pressures of her everyday life as a renowned figure in the entertainment industry. The panel discussion, hosted by Candy Crowley, focused on how meditation has helped women professionals face unique challenges in their lives. All proceeds from the event went towards funding the initiative to bring TM to victims of domestic violence in New York City.

"We were thrilled at the overwhelming turnout and support of such a great cause," said **Bob Roth, Executive Director** of the **David Lynch Foundation**. "Commissioner Jimenez has been an incredible force in helping victims of domestic violence and we are honored to be partnering with the Mayor's Office to continue to bring Transcendental Meditation to these women and their children."

The partnership between the David Lynch Foundation and the Mayor's Office will expand the current Transcendental Meditation training program at the Brooklyn Family Justice Center to Family Justice Centers across the city in the Bronx, Manhattan, Queens and Staten Island.

Through these programs, victims of domestic violence will be able to learn the Transcendental Meditation technique at no cost.

“I have seen firsthand the transformative effect of Transcendental Meditation on the lives of domestic violence survivors and their children,” said **Yolanda B. Jimenez, Commissioner** of the **Mayor’s Office to Combat Domestic Violence**. “The deeply-rooted emotional impact of abuse can take a lifetime to heal – TM can be a powerful tool for victims to begin the healing process for themselves and their children.”

The “Women. Meditation. Stress” panel also featured women professionals such as **Rehana Farrell, Dr. Pamela Peeke** and **Lesley Jane Seymour** who discussed the various benefits of meditation and how useful it has been for them in reducing stress. Commissioner Jimenez and **Carol Kurzig, President** of the **Avon Foundation for Women**, touched on Transcendental Meditation as a tool for healing trauma in victims of abuse, in particular those who have been affected by domestic violence.

The benefits of meditation have been studied and found effective by the Harvard School of Medicine, the National Institutes of Health, the U.S. Department of Defense, the American Heart Association and the American Medical Association. Meditation has been proven to reduce acute and chronic stress and stress-related disorders, decrease anxiety and depression, help individuals overcome addictions and simultaneously develop the brain and creative potential of the individual for a healthy, productive and self-sufficient life.

For media inquiries or more information about the David Lynch Foundation, contact Kamian Allen or Rida Bint Fozi at The TASC Group at 646-723-4344 or kamian@thetascgroup.com / rida@thetascgroup.com.

About the David Lynch Foundation

The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; women and girls who have been victims of violence, rape, and abuse, American Indians suffering from diabetes and high suicide rates; homeless adults and teens participating in reentry programs; and incarcerated adults and juveniles. For more information, visit www.davidlynchfoundation.org.

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