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**Meditation: Creativity, Performance & Stress:
A Panel Discussion Hosted by Andrew Ross Sorkin Featuring
Ray Dalio and Chef Mario Batali**

Forum to Discuss Benefits of Meditation for Leaders in Business, Finance and the Arts

New York, NY – January 27, 2014: The David Lynch Foundation will host “**Meditation: Creativity, Performance & Stress**,” a panel discussion on meditation led by financial journalist and host of CNBC's *Squawk Box* **Andrew Ross Sorkin**. The panel will feature hedge fund manager **Ray Dalio**, celebrity chef **Mario Batali** and researchers **Dr. Norman Rosenthal** and **Dr. Pamela Peeke**. With job stress estimated to cost the U.S. economy \$300 billion annually, experts and doctors are discussing the evidence-based Transcendental Meditation technique for promoting creativity, enhancing performance and overcoming stress and stress-related disorders.

WHO: **Andrew Ross Sorkin**, host, CNBC's *Squawk Box*, reporter, *The New York Times*
Ray Dalio, founder, Bridgewater Associates
Mario Batali, chef, writer and restaurateur
Dr. Pamela Peeke, MD, MPH, FACP, chief lifestyle expert for WebMD
Dr. Norman Rosenthal, MD, Clinical Professor of Psychiatry, Georgetown University

WHAT: Panel discussion **Meditation: Creativity, Performance & Stress**, hosted by the **David Lynch Foundation**, featuring leading finance, business and health professionals discussing the evidence-based Transcendental Meditation technique for overcoming stress.

WHEN: Tuesday, February 11, 2014
6:00 PM: Wine & hors d'oeuvres
7:15 PM: Panel discussion

WHERE: AXA Equitable Building (Auditorium)

787 Seventh Avenue (btwn. 51st and 52nd Sts.)
New York, NY 10019

***Tickets:** Tickets start at \$125. Proceeds will be used to teach meditation to at-risk youth and veterans in New York City. For more information, visit <http://townhall.davidlynchfoundation.org/>.*

For media inquiries or to request press credentials please 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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