



FOR IMMEDIATE RELEASE

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**Transcendental Meditation for HIV & AIDS:
David Lynch Foundation Hosts Conference/Webinar with San Francisco AIDS
Foundation Highlighting New Findings**

*October 30th Event Marks Launch of National Initiative
to Teach Transcendental Meditation to 10,000 HIV Patients*

New York, NY – October 24, 2014: On Thursday, October 30, the **David Lynch Foundation** and the **San Francisco AIDS Foundation** will host a panel discussion to present published research and new findings on the benefits of Transcendental Meditation for people living with HIV and AIDS. Studies show that HIV and AIDS patients who practice Transcendental Meditation (TM) experience improved quality of life, increased vitality, strengthening of the immune system and reductions in HIV-specific physical problems. At the conference, the David Lynch Foundation will announce a new initiative to teach TM to 10,000 people living with HIV in San Francisco and across the country. **The event will be held at the City Club of San Francisco from 9:00 – 10:30 AM PT and will be livestreamed at www.HIV.davidlynchfoundation.org.**

Transcendental Meditation is a simple, effortless technique, practiced for 20 minutes twice a day, sitting comfortably with the eyes closed. Over 340 studies on the benefits of TM have been conducted in over 100 universities and research institutes including the Harvard School of Medicine, the National Institutes of Health, the American Heart Association and the American Medical Association. TM 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.

WHO: **Jeffrey Leiphart, Ph.D.** Senior Director of Programs and Services, San Francisco AIDS Foundation
Sumedha Chhatre, Ph.D. Assistant Professor, HIV Prevention Research Division, Department of Psychiatry, University of Pennsylvania
Thomas Roth, Director, David Lynch Foundation's HIV Initiative

WHAT: **A conference/webinar on the benefits of Transcendental Meditation for HIV/AIDS patients.** Studies show that HIV and AIDS patients who practice Transcendental Meditation (TM) experience improved quality of life, increased vitality, strengthening of the immune system and reductions in HIV-specific physical problems.

WHEN: Thursday, October 30

9:00 AM – 10:30 AM Pacific Time

WHERE: The conference will be livestreamed at www.HIV.davidlynchfoundation.org

City Club of San Francisco

155 Sansome Street

San Francisco, CA 94104

Please note: Limited press seating is available on-site

Media wishing to attend and/or cover the event must contact Rida Bint Fozi at The TASC Group at 212-337-8870 or 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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