

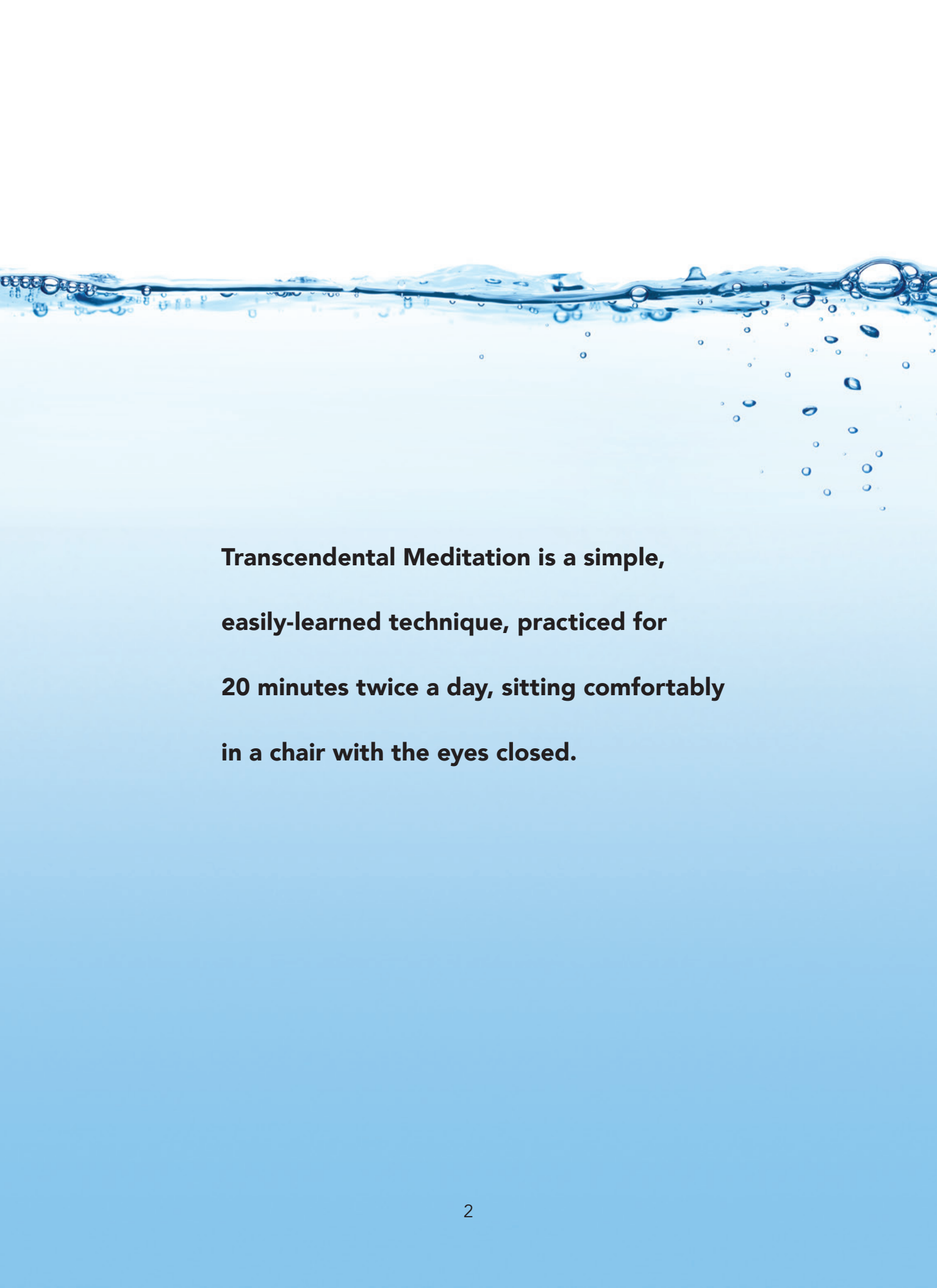
# MEDITATION FOR LEADERS

Optimize the Brain  
Raise Performance  
Overcome Stress  
Improve Health

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TRANSCENDENTAL  
MEDITATION  
Individual and  
Group Classes  
for Your Company  
or Organization

CENTER FOR HEALTH AND WELLNESS  
Division of the David Lynch Foundation



**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.

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





**"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."



**"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."



**"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."

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## 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."

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## DR. SUZANNE STEINBAUM

Director of the Women's Cardiovascular Prevention, Health and Wellness Program at Mount Sinai Hospital

"TM is an ideal prescription to manage stress."

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## DR. HASSAN A. TETTEH

Chief Medical Informatics Officer, United States Navy

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

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## RICK GOINGS

Executive Chairman, Tupperware Brands Board of Directors

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

## THE CENTER FOR HEALTH & WELLNESS

The Transcendental Meditation program has been delivered 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 Center for Health & Wellness 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.





## 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**

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

### **OVERCOMES STRESS**

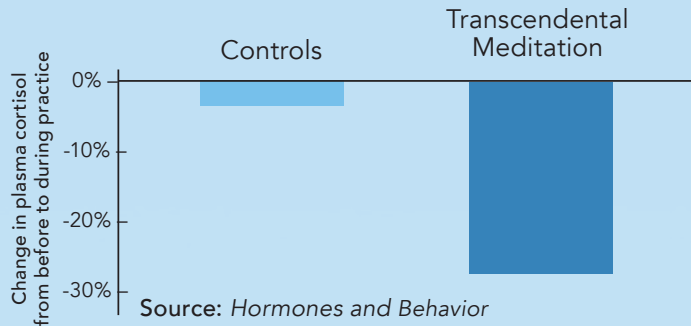
- Improves sleep
- Reduces cortisol (stress hormone) by 30 to 40 percent
- Reduces tension and anxiety
- Increases resilience

### **RAISES PERFORMANCE**

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

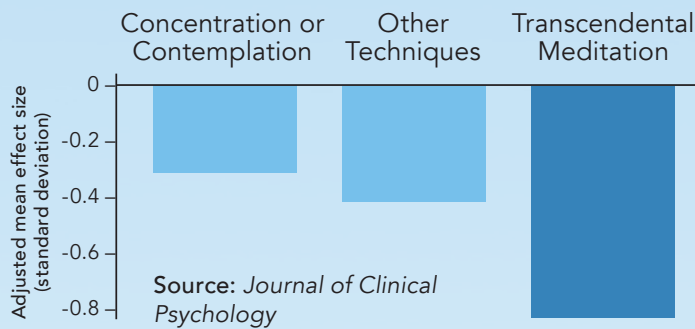
*Scientific citations available upon request.*

## DEEP RELIEF FROM STRESS AND ANXIETY



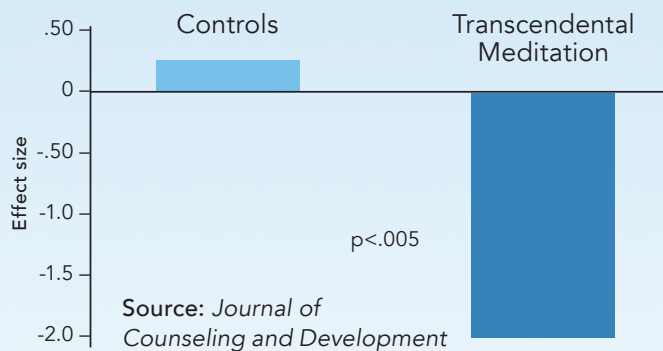
### Reducing the stress hormone cortisol

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.

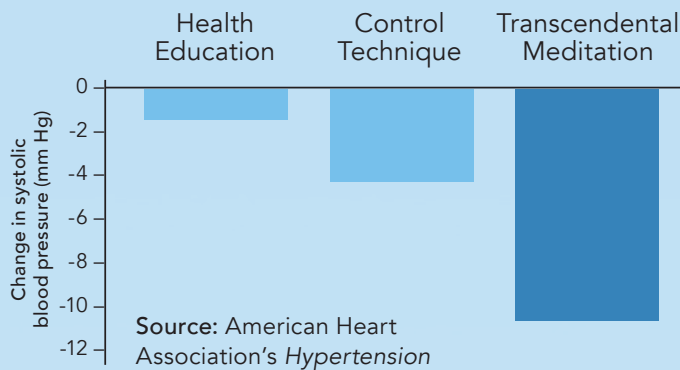


### Reduced insomnia

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.

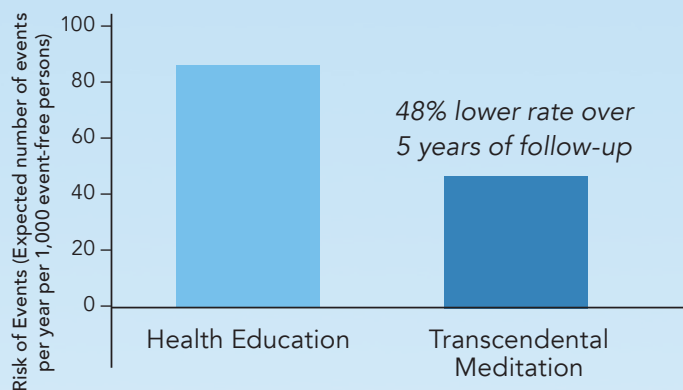


## HEALTHY HEART FOR A HEALTHY LIFE



### Lower blood pressure

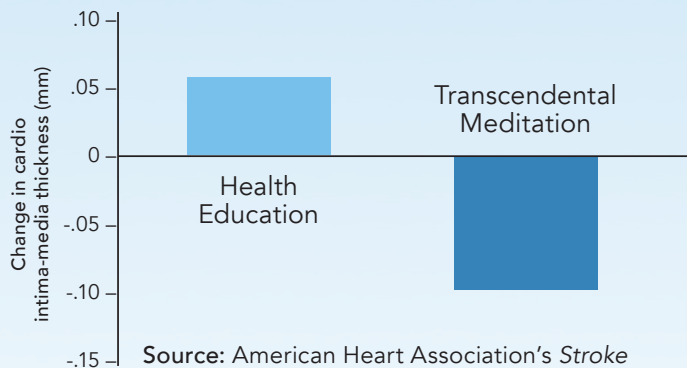
In its journal *Hypertension*, the American Heart Association reported that the Transcendental Meditation technique is the only meditation practice shown to lower blood pressure.



### Major reduction in heart attack and stroke

A five-year study, published in the journal *Circulation*, on patients with coronary 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.

## 4 STEPS OF THE TM COURSE

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### **STEP 1**

Introductory seminar (60 minutes)

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### **STEP 2**

Instructional classes held over four consecutive days  
(Approximately 75 minutes each day)

- Day 1: Individual one-to-one instruction
  - Days 2, 3, and 4: Small group classes to provide a deeper understanding and experience of the TM technique to ensure correct practice and maximum benefits.
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### **STEP 3**

Follow-up meetings (Approximately 45 minutes each session)  
Up to six follow-up meetings are scheduled over the following six months—at the company's convenience—to ensure correct TM practice and maximum results.

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### **STEP 4**

Following the first three steps of the TM course, a lifetime of individual and group refresher courses is available for free at the more than 1,000 TM Teacher Centers worldwide, including 150 Centers in the United States.



## CLIENTS

PARTIAL LIST

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H2 Capital Partners

HSBC

JCC Manhattan

Latigo Partners

Manhattan District Attorney's Office

MRM/McCann

Quest/NOK

The Lions



## SUPPORTING AT-RISK YOUTH AND VETERANS

A portion of the Transcendental Meditation course fee is paid by companies and organizations to the Center for Health & Wellness is used to help teach TM for free to thousands of veterans with PTSD, underserved youth, and women survivors of domestic violence and sexual assault through the work of the David Lynch Foundation.

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### CONTACT

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