

Transcendental Meditation

For disability accommodations please contact Jacki Stone at jstone37@jhu.edu

Information Sessions

Wednesday 2/11 PM

Thursday 2/2 6 PM

Monday 2/6 7:30PM

- Introductions to teachers and other JHU Students
- Overview of the program

Zoom link for info sessions: <https://jh.zoom.us/j/95964419611>

Information sessions are required!
APPLICATIONS ARE DUE FEBRUARY 7 BY NOON

week 1 FEBRUARY 13-17

Group A

Monday 2/13

- Individual training (about 90 minutes) in TM at Baltimore TM Center 9AM-6PM scheduled at your convenience

Tuesday 2/14-Thursday 2/16

- Twice Daily TM on your own
- Listen to interactive app lesson
- Zoom connections with TM instructors and peers at 3 PM or 7:30 PM (about 50 minutes)

Group B

Tuesday 2/14

- Individual training (about 90 minutes) in TM at Baltimore TM Center 9AM-6PM scheduled at your convenience

Wednesday 2/15-Friday 2/17

- Twice Daily TM on your own
- Listen to interactive app lesson
- Zoom connections with TM instructors and peers at 2 PM or 8:15 PM (5PM on Friday) (about 50 minutes)



weeks 2-8 FEBRUARY 21-APRIL 14

- Daily meditations on your own time.
- Weekly check-ins with JHU Participants and Instructors via Zoom
 - Mondays at 7:30 PM
 - Wednesdays at 1 PM
 - Thursdays at 6PM
- Individual connections with instructors and guest speakers throughout the program

**SPACE IS LIMITED!
APPLY WITH THE QR CODE TODAY**



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Student Health & Well-Being
Health Promotion & Well-Being