Information Sessions

Wednesday 9/6 1 PM
Thursday 9/7 6 PM
Monday 9/11 7:30 PM

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

Scan the QR Code for the Application & Register for the info Sessions

week 1  SEPTEMBER 18-22

Group A

Monday 9/18
- Individual training (about 90 minutes) in TM at Baltimore TM Center 9AM-6PM scheduled at your convenience

Tuesday 9/19-Thursday 9/21
- 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 9/19
- Individual training (about 90 minutes) in TM at Baltimore TM Center 9AM-6PM scheduled at your convenience

Wednesday 9/20-Friday 9/22
- 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  SEPTEMBER 25-NOVEMBER 10

- 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

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