

# Transcendental Meditation®

For disability accommodations please contact Jacki Stone at [jstone37@jhu.edu](mailto:jstone37@jhu.edu)

## Information Sessions

**Wednesday 9/6 1 PM**

**Thursday 9/7 6 PM**

**Monday 9/11 7:30PM**

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

Information sessions are required!  
**APPLICATIONS ARE DUE SEPTEMBER 12 BY NOON**

**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**



**JOHNS HOPKINS**  
UNIVERSITY

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