

Transcendental Meditation®

For disability accommodations please contact Jacki Stone at jstone37@jhuedu

Required Zoom Info Sessions

Monday 2/10 7:30 PM

Wednesday 2/12 1 PM

Thursday 2/13 6 PM

Monday 2/17 7:30 PM

Attending 1
session is
required!



Join an info session here: <https://jh.zoom.us/j/96525642724>

Week 1 FEBRUARY 24-28

Group A

Monday 2/24

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

Tuesday 2/25-Thursday 2/27

- 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 2/25

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

Wednesday 2/26-Friday 2/28

- 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 MARCH 3-APRIL 18

THERE WILL BE NO MEETINGS DURING SPRING BREAK

- 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
QR CODE



App Due
2/18 by
12PM



JOHNS HOPKINS
UNIVERSITY

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