



Maharishi Mahesh Yogi
— Founder of TM —

Transcendental Meditation is easy to learn and enjoyable to practise. In just a few minutes, TM provides a unique state of deep rest. This deep rest dissolves stress and refreshes the mind and body.

Doctors Recommend TM

More than 6,000 medical doctors in North America have learned TM. Many recommend it to their patients as a way to stay healthy and young.

The benefits of TM are documented by more than 300 scientific research studies. These benefits include:

- Less stress and anxiety
- Clearer thinking, greater intelligence
- More energy and stamina
- More happiness and self-esteem

Millions of people of all ages and walks of life are already enjoying Transcendental Meditation.

Here's what people are saying about Transcendental Meditation



"TM has given me increased clarity of mind, efficiency and confidence. It has enabled me to be increasingly successful."
Ross Mikelson, Physician



"With TM, I feel more energy, patience and understanding. I am much happier and satisfied in life."
Lise Gauthier, Homemaker



"The first benefit I gained after starting TM has been my health. People often say the energy I have amazes them."
Harold Harman, Retired



"I feel more healthy, I am more effective in whatever I do (including my studies) and I can fulfil my desires."
Julie Corbell, Student

Free Introductory Lectures on Transcendental Meditation — This Week Only

Monday 7:30 pm.
Chateau Lacombe
10111 Bellamy Hill

Tuesday 7:30 pm.
Mayfield Inn
16615 - 109 Ave.

Wednesday 12:00 noon
Jubilee Auditorium
87 Ave. & 114 St.

Wednesday 7:30 pm.
Edmonton Inn
11830 Kingsway

Thursday 7:30 pm.
Capri Centre
Red Deer

Watch the special TV broadcast Sunday, February 8, 5:00 p.m.
on I.T.V. Cable Channel 8