



TRANSCENDENTAL MEDITATION®

at the Maharishi Peace Palace®



- Unique and effective, Transcendental Meditation® unfolds the full potential of life
- Easy to learn and enjoyable to practice
- Extensive research shows it reduces stress, fatigue, tension and anxiety and develops creativity, intelligence, focus and memory
- Regular practice promotes inner peace, health, success and happiness
- Can be learnt in residence or non-residentially in the Maharishi Peace Palace (*contact us for more details*)

**Free
Introductory
Talks**

Wednesdays
10:30am / 7:30pm or
by appointment*

TRANSCENDENTAL MEDITATION SUFFOLK

*Book your talk online: uk.tm.org/web/suffolk or call 01394 421 136 for an alternative day and time
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