



His Holiness  
Maharishi Mahesh Yogi  
*Founder of the Transcendental  
Meditation Program*

# Maharishi Peace Palace

301 Grant Street • Suite 4300 • Pittsburgh, PA 15219  
Phone: 412-577-2491 • E-mail: [Pittsburgh@GlobalCountry.net](mailto:Pittsburgh@GlobalCountry.net)  
[www.MaharishiPeacePalace.org](http://www.MaharishiPeacePalace.org)

You are Invited to a free introductory lecture

## The Transcendental Meditation® Technique

The Transcendental Meditation® technique is a simple, natural meditation technique that is practiced for twenty minutes twice a day, sitting comfortably with eyes closed. During the practice one gains a deep state of rest that releases stress and expands awareness.

Over 600 scientific studies have been done on the Transcendental Meditation technique showing benefits in all areas of life including better mental functioning, reduction of health problems, improved social relations and even the creation of world peace.

Whether a person wants to be less stressed, have increased intelligence, better mind-body coordination, reduced hypertension, better relations with bosses or coworkers, or to live in a more peaceful world, the Transcendental Meditation technique effortlessly brings about these results. This technique can be learned by anyone in seven easy steps — the first of which is a free introductory lecture to be held

Sunday, August 7th  
1:00 p.m.– 2:00 p.m.  
The Green Bough

Ralph A. Emmerich, Director  
Maharishi Enlightenment Center of Pittsburgh