

Transcendental Meditation Center of Pensacola

Inner Peace - Resilience

**Proven to Reduce Stress, Insomnia, Anxiety,
Depression, Heart Disease, PTSD, Pain & Burnout...**

**Proven to Increase Vitality, Happiness, Resilience,
Creativity, Intelligence, Peace, Health...**

FREE Introduction

Friday, January 31st, 6-7pm

Location: 2261 Americus Ave, Pensacola, FL 32507

[We Will Discuss:](#)

- How & Why It Works
- *The Scientific Research and Benefits of TM*
- How TM is different from every other meditation
- Q & A

To Register for Introduction, please click [HERE](#) and click on 1/31.

Upcoming TM Courses:

Saturday 2/1 – Tuesday 2/4

Saturday 2/8 – Tuesday 2/11

Saturday 2/29 – Tuesday 3/3