

Transcendental Meditation



TRANSCENDENTAL MEDITATION is a simple, effortless technique that anyone can learn and enjoy.

The achievements of Maharishi Mahesh Yogi are profound in the field of knowledge and immense in the field of action. During the past 50 years, more than five million people have learned the Transcendental Meditation technique and are rising to enlightenment through their twice-daily 20 minutes practice. Maharishi has trained over 40,000 teachers, opened thousands of teaching centers, and founded hundreds of schools, colleges and universities. Maharishi Vedic Science programs are being applied in private businesses, public institutions and homes in every country.

Scientific research shows that a few minutes of the Transcendental Meditation technique morning and evening naturally produces a wide range of practical benefits: Use your total brain, prevent and reverse heart disease, promote health and youthfulness, enjoy more happiness, inner peace and creativity and have better work and life balance.

Join a meditation retreat any time of the year

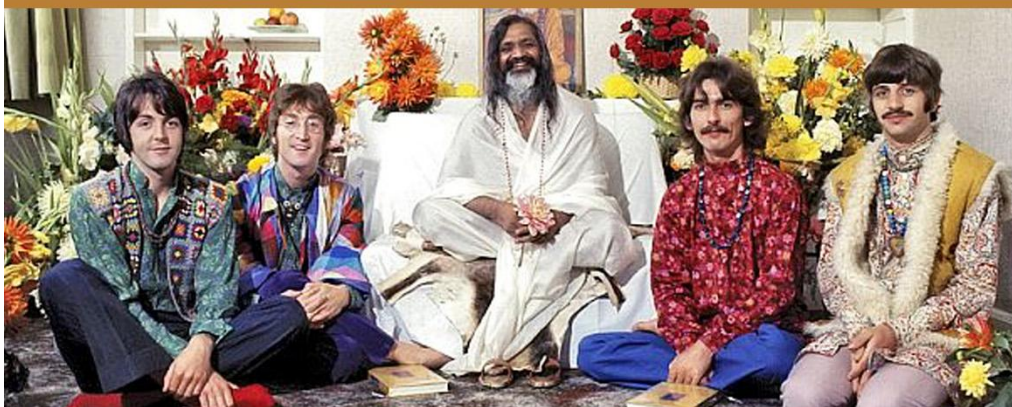
Inclusions :

- Transfer including pick up and drop off to Airport or hotel
- 5 nights accommodation
- Everyday Transcendental Meditation Private 2 hour session with an authorized teacher
- 5 Daily Yoga sessions
- Healthy Cooked and Raw food meals for 5 days
- 5 One hour spa session: your choice of full body massage session, reflexology, facial or hot kidney compress.
- Water purification at Tampak Siring holy water temple
- Complimentary natural products
- Infrared Sauna 3 x a day for 15 – 30 minutes
- Swimming & Relaxing in Bali

Transcendental Meditation® technique in depth. You will receive a TM Certificate and can practice around the world with other TM groups and receive free one year check ups on your meditation with a certified teacher.

What you'll learn:

- What TM is
- What TM is not
- What happens during TM
- How we know TM really works
- TM's effect on the brain
- The natural tendency of the mind
- What a mantra is
- Where TM came from
- How TM is different
- Why TM works for everyone



WHY CEOS, ACTORS, AND POP STARS LOVE TRANSCENDENTAL MEDITATION

The Beatles famously credited Transcendental Meditation with helping them write their best music. Oprah swears by her daily practice. So does billionaire hedge fund founder Ray Dalio, British comedian Russell Brand, and music mogul Russell Simmons.

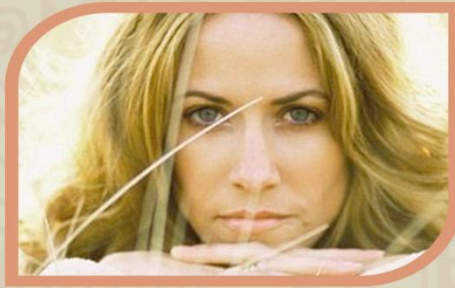


In fact, the list of celebrities and Fortune 500 CEOs who say Transcendental Meditation has helped them in their personal and professional lives is so long that we may need to start a new list: “Successful People Who Don’t Practice Transcendental Meditation.”

Just what is this popular style of meditation and how does it differ from others? We’ll tell you!

“TM,” the acronym used by insiders, is the practice of sitting for 20 minutes, twice a day, repeating a personal mantra given to you by a TM teacher. The technique is based on a Vedic tradition, an ancient Indian process of enlightenment. Fifty years ago, spiritual leader Maharishi Mahesh Yogi introduced the practice to the rest of the world, founding the Transcendental Meditation Program.

Some intriguing quotes from meditating celebrities



“One of the things – and this comes from someone who was highly self-critical and a type-A personality – that has changed my life is meditating.”

– **Sheryl Crow**



“In moments of madness, meditation has helped me find moments of serenity.”

– **Sir Paul McCartney**

Why do they meditate?

Just consider—these are all people who have every cause to be happy about their lives just the way they are. They are either rich, beautiful, or successful—or all of that. They are adored by fans and friends and followers. So it all begs the question... might there be something in life which is more basic, more fundamentally important, than external success, something that even enormously successful people still want? Meditation is a gateway to one's inner stability and true peace, love and happiness. Celebrity or not, who wouldn't want to be at peace with the world, and with oneself?

On the other hand, maybe their meditation practice is the cause of some of their success.

Would David Lynch be the director he is without 40 years of Transcendental Meditation training? Would Jerry Seinfeld, Paul McCartney, Ramani Ayer or Ray Dalio have earned all their millions without it? These Actors, Musicians and CEOs are worth from 800 million - 1.5 billion dollars and state that meditation has supported the balance they needed to achieve their goals.



“It’s really good if you’ve had addiction issues. Meditation is highly psychological, and very beautiful, and overwhelming, and real, and trippy!”

— **Russell Brand**

By practicing meditation and just trusting in your natural wisdom, depth and integrity, you can certainly become not only happy and harmonious, but perhaps also... one of the famous people who meditate!

“Meditation The Creative Edge”

According to the program, TM allows your mind to settle into a state of pure awareness, known as transcendental consciousness. In this state, the body is at its most relaxed, and the brain has the greatest access to its creative energy. Devotees claim that TM gives them a creative edge, allowing them to be more focused throughout the day and access innovative ideas.



“Meditation is helping you to tap into something that’s already inside of you... that’s you, in essence. That’s something that was super-empowering for me once I grasped that.”

— **Cameron Diaz**



“In meditation, I can let go of everything. I’m not Hugh Jackman. I’m not a dad. I’m not a husband. I’m just dipping into that powerful source that creates everything. I take a little bath in it. Nothing has ever opened my eyes like

Transcendental Meditation has. It makes me calm and happy, and, well, it gives me some peace and quiet in what’s a pretty chaotic life!” — **Hugh Jackman**

Bali Meditation Retreats

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