



RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
Invites you to its meeting **August 1, 2018** at 11:00 a.m.
First Presbyterian Church, Lafayette Place, Greenwich, CT

Kathleen Connor

“Transcendental Meditation”



Certified TM teacher Kathleen Connor will discuss the Transcendental Meditation © technique and its benefits, particularly benefits for the brain. MS Connor describes the TM technique as a procedure for "recharging the mind and body" for better health and mental potential. The TM technique allows the body to settle into a state of rest and relaxation and the mind to experience a state of quiet wakefulness, without needing to use concentration or medication.

The Cleveland Clinic notes that TM “doesn’t focus on breathing or chanting, like other forms of meditation. Instead, it encourages a restful state of mind beyond thinking. A 2009 study found Transcendental Meditation helped alleviate stress in college students, while other studies found the TM technique helped to reduce blood pressure, anxiety, depression and anger.” There are 400 published studies on the TM technique indicating improvements for mind, body, behavior and the environment.

Kathleen Connor is the Director of the Transcendental Meditation Program in Fairfield County, Connecticut, a nonprofit located in Norwalk, where she has worked for 26 years. Kathleen has been a TM instructor for 43 years. She has instructed thousands of clients, including military veterans with PTSD. To become a certified teacher, she successfully completed the TM Teacher Training Course and has maintained her certification through ongoing professional courses for TM teachers. She has a Master’s degree in Maharishi Vedic Science from Maharishi University of Management located in Fairfield, Iowa. Kathleen has a monthly radio show on WPKN, 89.5 FM, the 3rd Wednesday of the month from 12 noon to 1 pm. The show centers on the value of developing consciousness/inner life for greater happiness and success.

Next week, August 8, Robert Whitby, Mountain Climber “Six and a half of the Seven Summits” *The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at 10:40AM followed promptly by our speaker at 11:00AM. Programs are at the First Presbyterian Church, 1 West Putnam Ave. in Greenwich. For additional information see www.greenwichrma.org or contact info@greenwichrma.org*