



A special one-day retreat for Meditators

Enjoy a day of revitalizing rest and profound knowledge

**Mahoney State Park
Cabin 53**

Sunday, Nov 2, 8:30 am to 5:30 pm

Extended
TM Practice



Instruction
in Maharishi
Yoga Asanas



Profound
Knowledge

Dear Debbie,

Please join us on Sunday, November 2nd for a refreshing day of deep rest and profound knowledge.

THE ONE-DAY TM KNOWLEDGE DAY PROGRAM INCLUDES:

- Additional periods of morning TM[®] practice, group checking, and evening meditation
- Exclusive DVDs by Maharishi Mahesh Yogi and live presentations by leading professionals that will enrich your TM practice and broaden your understanding of the growth of consciousness and development of full potential
- Instruction in easy-to-practice Maharishi YogaSM Asanas (gentle stretching positions) and Pranayama (a simple breathing exercise) to enhance your TM experience
- Time for in-depth questions and answers on experiences during TM practice and in daily life
- Delicious lunch

COST FOR THE DAY

\$60 (includes lunch)

WHO IS INVITED

All those practicing the TM technique are invited. Whether you are a new Meditator or have been experiencing TM's benefits for years, you will enjoy a full day of deeply revitalizing rest and profound knowledge.

DATE AND TIMES

Sunday, Nov 2, 8:30 am to 5:30 pm

LOCATION

Mahoney State Park
Cabin 53

HOW TO APPLY

Reply to this email, call us at [\(402\) 637-8686](tel:4026378686), or email bsmith@tm.org

We will be sending directions and organizing carpools.

We look forward to seeing you at this special *TM* Knowledge Day.

Brian Smith Debbie Kolberg Smith
Directors
Omaha/Lincoln *TM* Center
(402) 637-TMTM



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