

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, February 21st, 6-7pm or Thursday, February 27th, 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 2/21 or 2/27.

Upcoming TM Courses in Pensacola:

Saturday 2/29 – Tuesday 3/3

Saturday 3/21 – Tuesday 3/24

Saturday 3/28 – Tuesday 3/31