

## ' A SCIENCE OF SILENT INNER REVOLUTION '



TRIKARANA TRANSCENDENTAL MEDITATION

<http://www.ttm.org.in/> -Home

<b>EVENTS</b>	
<b>ONE DAY AWAKENING COURSE</b>	
(Preferably in the week end, either Friday or Saturday)	
Total duration	Three Hours
Time	Commence @ 04.00 pm
Language	Tamil / English
First event	Brief introduction by Yogi Sriji
<b>BREAK- 15 MINUTES</b>	
Second event	Scientific experiments exposing stress release
Third event	Self relaxing practice & Conclusion
<b>THREE DAYS REGULAR COURSE</b>	
(Preferably in the middle of the week, either Wednesday or Thursday)	
Total duration	Seven Hours
Time	Commence @ 04.00 pm every day
Language	Tamil / English
First day events	Brief introduction by Yogi Sriji; Scientific experiments exposing stress release; Practice of TTM & Breath exercise.
Second day events	Enchanting of mantras secretly to each individual; continuous practice of TTM and Breath exercise
Third day events	Conclusive training of TTM and Breath exercise; and then an informal gets together.
Note: Charges will be dealt with separately for each program.	
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