



Transcendental Stress Management

Yoga * Meditation * Ayurveda

P.O. Box 4731 * Deerfield Beach, FL * 33442

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Health - Wellness - Meditation
Yoga - Enlightenment - Spirituality
Discovery - Inspiration - Insight

ANNUAL NEWSLETTER 2009

Celebrating 20 Years in South Florida



It's been 20 years since we started teaching meditation here in south Florida. I've met so many who have taken our courses and improved their lives. It's very rewarding to be a part of the many improvements students receive as a result of the regular practice of meditation. As our membership has grown, so to has the interest in further development and continuing education. We hope to see you soon and encourage all to continue to use our center and services. -MS

"If we have no peace, it is because we have forgotten that we belong to each other" - Mother Teresa

Watch Us on Fox

Transcendental Stress Management on WSVN

In August 2008 Fox News Miami featured TSM in a special presentation with Mike Scozzari and Robert Dollinger, M.D.. Just go to www.youtube.com and type in Transcendental Stress Management.

Reducing Stress for Quality of Life - Benefits of Meditation

This meditation naturally enhances one's ability to get along better with others, to have a bigger perspective on life, and to be able to enjoy more fulfilling friendships. By dissolving stress and broadening our awareness, appreciation grows and life improves as a whole. The yogis of our vedic tradition say that the purpose of life is expansion of happiness. From this development of consciousness comes more life-supporting and useful behavior. Students report warmer relationships, less anxiety, improved self-confidence, increased problem-solving ability and greater creativity. The individual spontaneously radiates greater positivity and harmony in society as a whole. TSM helps treat ADHD and PTSD. With our programs we have the technology to release deep rooted stress and thereby create and maintain good health, happiness and a better quality of life. We are born with incredible equipment - we need only learn to use it. Our center teaches vedic technologies that have been tested over lifetimes. Anyone can improve their quality of life.

In this Issue

Refresher and Introductory Courses, Ayurveda Workshops, Advanced Courses

Dr. Deepak Chopra On The Need For 2 Types of Rest - Health, Meditation & Stress



Deepak Chopra, M.D.

"Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today, not tomorrow." ~ Paul H. Dunn

Learn New Mantra, New Meditation

TSM BLISS TECHNIQUE

We are now offering instruction in a very simple mental technique of meditation, a method you add to your regular meditation. It can be easily learned in 1 lesson and is open to all who are already practicing meditation regularly for at least 6 months. Once the ground is fertile the seed can grow. This class is open to every meditator already instructed in the basic technique.



TSM provides the basis for more energy and happiness in daily life - Maria Scozzari

All our programs aim to enrich the quality of life - Mike Scozzari





Bliss Technique Continued

Since it is a meditation practice requiring you learn a new mantra, we need about 90 minutes to complete your class. The practice can also be checked/reviewed from time to time at no cost. As a supplement to regular meditation, this additional method can be done any time of the day or evening.

The mind and body operates differently during this type of meditation practice. The TSM Bliss Technique opens the awareness to the field of inner silence where bliss is dominant and the body's healing response is awakened. It's a beautiful practice and once learned you can do it any time, night or day, even before sleep. Now that is different and useful! The basic instruction in the TSM Bliss Technique remains at \$100.

This technique, once referred to by Dr. Chopra as a healing technique, works on a fine level just above the transcendent (the gap between our thoughts). That spur of activity is said to be pure bliss in it's nature, a manifestation of the pure order of consciousness. The TSM Bliss technique stirs that level and enlivens it's healing functioning throughout the body.

There are 3 distinct stages to the practice and we go over that at the time personal instruction. Please contact us for course dates and times. New classes are taught regularly at our center in Deerfield Beach. Classes are also available in Lake Worth and Miami Beach.

Bliss, happiness for no reason, is a very powerful healer. It can be increased and directed within the mind-body system through a variety of means. Seers of the vedic tradition have stated that the body is made of bliss. It is "sat chit ananda", pure immovable bliss. Specific meditation techniques have evolved over lifetimes and have been adapted and taught for thousands of years. Most of those reading this newsletter have practiced meditation twice a day for twenty minutes.

"Simply put, you believe that things or people make you unhappy, but this is not accurate. You make yourself unhappy." ~ Wayne Dyer



Are You Transcending?

Western science limits itself by considering cognitive functions such as thinking as the highest state of consciousness. However, in eastern philosophy, as well as in western mysticism, the existence of a higher state of consciousness is relatively common knowledge even if it isn't accessible. This higher state of consciousness transcends thinking and other processes of the logical mind and is called 'the fourth state of consciousness': the state of 'thoughtless awareness'. In thoughtless awareness the dualism of the human mind is transcended and one enters the silence in the gap between the thoughts. The silence of 'thoughtlessness' leads to pure perceptive existence as opposed to the usual projective perception of the world, where projections from our logical human mind are thrown into reality and then extracted again. The perception of reality can therefore never be pure, if undertaken from an epistemic mental level. The mind sees the outside world only through the limitations of its own understanding, through the tinted lenses of human categories, laws of logic and interpretation based on past experiences.

These limitations of the human mind make it ultimately impossible for humankind to perceive reality in its pure form. The Kantian 'thing itself' cannot be perceived independent from its translation through our mental categories. Reality without mental coloring, without the biased and distorted mental translation can thus only be perceived if we learn to transcend the human mind. And the human mind can only be transcended by mystical experience that allows us to enter this state of absolute silence, where we are aware of our surroundings without 'coloring' them with the projection of our thoughts.

In the mystical experience brought about by the practice of TSM, one enters a state of pure existence, pure awareness, pure attention and pure being. As pure being, pure existence, one can experience reality as such, without translator, without thoughts, in absolute silence. This state of mystical transcendence of the mind, of absolute silence and complete serenity, has been called by different names according to the different mystical traditions: Mystical Extasis (Christianity), Gnosis (Gnosticism), Tao (Taoism), Satori (Zen Buddhism), Sahaja Samadhi (Sikh tradition), Nirvana (Buddhist and Hindu traditions) and Yoga (Indian and vedic mysticism). Yoga is the Indian description of this mystical experience of "union" - a joining of our individual consciousness with the all pervading energy of the universal consciousness, of the individual 'Atma' with the universal 'Brahma'. The English word 'yoke' and 'joy' derive from the Sanskrit word Yukti, reflecting the joyful aspect of this mystical fusion of



Walk Every Day

“There’s a hurricane? You walk 30 minutes a day. You absolutely must walk at least 30 minutes every day.

There’s a hurricane? You walk 30 minutes a day, Earthquake—30 minutes a day. Tornado—30 minutes a day. Snowstorm—30 minutes a day.”

—Dr. Oz and Dr. Roizen

Are You Transcending Continued

the individual with the universal consciousness.

This state has a significantly relaxing effect on body and mind. Considering that stress is mostly induced by thinking about past or future events, the meditative state of being in the present, in the ‘here and now’ shows to have an important effect on stress relief. In addition, far beyond stress relief, meditation in this form has been shown to have important therapeutic effects on disease processes and can most certainly play a crucial role in disease prevention.

Join our email Service

and receive monthly newsletters

Apply:ms@tsmforlife.com

Our Theme

“Transcendental Stress Management opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone. If an individual is unhappy he has missed the very essence of life. If his intelligence, power, creativity, peace and happiness are not constantly developing, he has lost his direction. Life is not meant to be lived in dullness, idleness and suffering; these do not belong to the essential nature of life.”

TSM REFRESHER COURSES

Group Meditation and Review for Meditators

Learn the Five Fundamentals of Correct Meditation

A Refresher Course is an opportunity to review and refresh the principles and mechanics of meditation and emphasizes the value of regular practice. Open to anyone who has already been instructed in meditation. This course will review the mechanics and symptoms of correct practice; the physiology of deep meditation; how to maximize and stabilize the benefits from TSM. The purpose of the course will be to re-establish correct, effortless, effective practice of meditation. We review only what is necessary to experience effortless and enjoyable meditation.

7 to 9 PM * Offered at no charge the first & third Tuesday each month

Location: Deerfield Beach Center - Located in a beautiful community

To attend call us at 561 542 9200.

In Miami Beach off 41 Street - Monthly; In Lake Worth - Monthly east of the turnpike

Fixing meditation is easy. If you find you are skipping meditation, if you get bored - you are most likely forcing or concentrating and not enjoying your practice. Call today to schedule a review.

“I firmly and professionally believe that anyone could receive significant physical and mental health benefits from the daily practice of Transcendental Stress Management. I know that I certainly look forward to my regular meditation sittings each day.”

Robert Dollinger, M.D.
Executive Director, University
Health Services, Florida International
University Medical School Director



Rejuvenation Day of Rest

— and Meditation —

All - Day Meditator Event in Deerfield Beach

New Class Every Month

The Second Saturday or Sunday

8:45 AM to 5:30 PM

Videos On Our Big Screen

With Wayne Dyer, Deepak Chopra, Eckhart Tolle, and Meditation

A Rejuvenation Day Course offers the deepest possible rest in a single day. This program includes extended practice of meditation and a daily schedule designed to enliven the knowledge and experience of inner wakefulness or restful awareness.

Knowledge and experience are like the two feet that carry us on a journey. As our experience improves, new knowledge helps us better understand and appreciate the full value of our experience. As our knowledge expands, it gives us a vision of possibilities and stirs a desire for deeper, even more fulfilling experiences in meditation and life.

-continued next page

-Rejuvenation Day Continued

Individuals gain a very profound rest in mind and body, a deepening of their experience of the Self, and enlivenment of inner bliss. For several weeks after the course participant's often notice enriched experience in the practice of their meditation program, and less fatigue in their daily activity. They often report greater support of nature (good luck) for accomplishing desires and engaging in successful activity. Everyone finishes the day rested and refreshed.

We have been offering all-day classes in South Florida for over four years. We only charge \$30 per day and half price for half days. Call for more information 954 354-0804 or email us at ms@tsmforlife.com



"Everything you see has its roots in the unseen world. The forms may change, yet the essence remains the same. Every wonderful sight will vanish; every sweet word will fade, But do not be disheartened, The source they come from is eternal, growing, Branching out, giving new life and new joy. Why do you weep? The source is within you and this whole world is springing up from it."

-Nobel Winner Jelauddin Rumi

Some of the research on meditation can be viewed on the PubMed website, a Service of the National Library of Medicine and the National Institutes of Health. Type in research on meditation on the PubMed website to find a range of interesting articles and studies on meditation as an effective strategy to improve and maintain good health. You can also google 'research on meditation'.

"Having access to that formless realm is truly liberating. It frees you from bondage to form and identification with form. It is life in its undifferentiated state prior to its fragmentation into multiplicity. We may call it the Unmanifested, the invisible Source of all things, the Being within all beings. It is a realm of deep stillness and peace, but also of joy and intense aliveness.

Whenever you are present, you become "transparent" to some extent to the light, the pure consciousness that emanates from this Source. You also realize that the light is not separate from who you are but constitutes your very essence." -Eckhart Tolle, Author Power of Now



Email us for links to view Eckhart Tolle and Oprah Winfrey's 10 Week class and other on-line classes w/ Eckhart Tolle in English and Spanish (free). ms@tsmforlife.com

FREE INTRODUCTORY LECTURES

Meditation 101

The mental technique of Transcendental Stress Management does not require concentration, visualization or belief. The benefits of this meditation come right from the start. Find out how this method can improve relationships & self-confidence, increase problem-solving ability and creativity, develop a quiet mind that helps us think clearly, and reduce breath rate enabling deep rest and release of stress. TSM is affordable, easy to learn and practice.

ATTEND A 90 MINUTE LECTURE

Held throughout South Florida
To reserve for a lecture or to schedule one in your home or for your group, call us.

According to a Time Magazine cover story in 2003, over 10 million people in the U.S. practice meditation every day! TSM is practiced twice a day sitting comfortably with eyes closed. This simple, natural mental technique has its roots in the ancient vedic tradition of India. Once thought of as a ritual per-

formed by men who shaved their heads, wore long robes and lived in a mountain cave, this mind quieting, stress relieving natural self-healing practice is becoming so commonplace that corporations such as Deutsche Bank, Google and Hughes Aircraft recognize the intuitive powers of it and offer meditation classes to their employees.

In addition, the scientific community has stepped up to the plate and is offering factual data to support many of the proclaimed benefits of meditation (google research on meditation). Studies on the effects meditation has on the brain and body have been going on for quite some time at institutions such as the Brain Imaging Laboratory at the University of Wisconsin, Massachusetts Institute of Technology, Yale and the Benson-Henry Institute for Mind-Body Medicine at Harvard Medical School.

Morning and evening practice of the technique for a few minutes each day enables the mind to become more and more infused with increased energy, intelligence, expanded awareness and inner peace.

Moving Forward

To help keep our center moving forward and make these programs available we need your assistance. We would like to encourage you to participate and, if possible, to lend a hand with financial support for our center expenses and our mailings. If you can contribute any amount please send us a check today. If your budget won't allow it, please think of referring your friends and family to learn to meditate.



Deepak Chopra, M.D.

Deepak Chopra on

Meditation

2 Different Types of Rest

"The most significant health benefits of meditation are stress reduction, better sleep, lower blood pressure, improved cardiovascular function, improved immunity, and the ability to stay

centered in the midst of all the turmoil that's going on around you. Meditation helps you do less and accomplish more."

"Vast realms of energy, intelligence, love, and joy are simply inactive or asleep within us. Through meditation we illuminate and activate all these unexercised parts of our awareness. As we release the old conditioning from our mind, new pathways of experience open up, and we begin to reclaim more of our infinite nature. Full self-realization, enlightenment, means we are then using our full potential."

In his book "Grow Younger, Live Longer", he identifies two different types of rest, the rest gained from sleep and the restful awareness gained from meditation. Each has its own physiology and benefit. Sitting to meditate provides entry into our natural healing ability. This is a unique style of functioning for the mind and body, what Harvard researcher Dr. Herbert Benson calls the "relaxation response", and what Dr. Chopra claims is far more encompassing than relaxation.

He writes: "As a young physician in the 1970's, I was attracted to meditation for two reasons, one personal, the other professional. The personal reason was the promise of inner growth, of reaching an expanded state of mental and spiritual development. The professional reason was the large body of research on meditation that established that this meditation was "real", that is, it produced tangible benefits. Meditation is not forcing you mind to be quiet; it's finding the quiet that is already there. In fact, when you examine the background static of worry, resentment, wishful thinking, fantasy, unfulfilled hopes, and vague dreams in your head, it becomes clear that the internal dialogue going on inside is literally controlling us. Each of us is the victim of memory. That's how the Ayurvedic masters diagnosed it thousands of years ago."

Time Magazine heralded Deepak Chopra as one of the 100 heroes and icons of the century, and credited him as "the poet-prophet of alternative medicine." He is the author of more than 50 books and more than 100 audio and video titles.

"The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being."

-Tenzin Gyatso, the 14th Dalai Lama



It takes no effort to love.

The state has its own innate joy. Questions answer themselves if you are aware enough.

Life is safe; flowing with the current of being is the simplest way to live. Resistance never really succeeds. Controlling the flow of life is impossible.

-Deepak Chopra, M.D

If you received our Spring / Summer 06 stamped newsletter you know that as of April 2006 we changed the name to Transcendental Stress Management. We are no longer affiliated with the Transcendental Meditation organization. We've changed our phone listing to 954 354-0804 and added new services and lower fees that we think are needed.

TSM is a timeless meditation technique and knowledge program that enhances our modern lifestyles. Our goal is to make this teaching available to as many as possible and for a reasonable price. In addition to meditation instruction, our basic course includes yoga and ayurveda education. Transcendental Stress Management is taught in a standardized manner. There is no effort or concentration required and no need to change one's beliefs or lifestyle. Listed in the Yellow Pages under Meditation Instruction. Visit our web site: www.tsmforlife.com and on Facebook under Transcendental Stress Management.

The following disclaimer must be posted until Apr. 09 per our name change:

"Please be advised that I am not licensed or certified to teach the Transcendental Meditation or TM program and I do not teach such programs. Should you wish certified or authorized instruction, follow up instruction or other courses involving any of Maharishi Mahesh Yogi's programs in Florida or elsewhere, you should contact the certified Transcendental Meditation center by phone at 561-994-6990 or go to the website:www.tm.org"



ADHD, PTSD & TSM

Finding Solutions that Work

The problems we face today require we go to a level where solutions abound. Trying to fix a problem on the level of the problem is like trying to improve a dry leaf by watering it - we must go beyond to the root and apply water there.

Post traumatic stress disorder (PTSD) and Attention deficit hyperactivity disorder (ADHD) are serious problems that require solutions. A young soldier returning from war may be facing years of pain with PTSD. PTSD is a crippling disorder that sabotages our returning soldier's self esteem, creativity and potential for success. As many as 17 percent of Iraq and Afghanistan veterans have some form of post-traumatic stress disorder, or PTSD, one congressional study estimates. And the lifetime costs of treating these ailments could pile up to as much as \$35 billion, a Columbia University report guesses. It is estimated that 120 veterans commit suicide every week.

School-age children who can't focus are prescribed to take drugs for ADHD that often mask their symptoms and cause negative side-effects. The long-term health effects of ADHD medications are not fully known; however, evidence suggests risks of cardiac disorders and sudden death, liver damage, and psychiatric events. The side-effects and long-term health outcomes associated with ADHD drug treatment potentially have important health implications for millions of children.

TSM, our meditation program, releases deep rooted stress and provides a welcome tool to treat these stress-related disorders. It's stress, the build up from fears, threats and negative perceptions, that contribute to the problems we face and yet we seem all-to-ready as a culture to continue to water the leaf. By providing students with meditation we will see significant reductions in stress, anxiety, and therefore improvements in ADHD symptoms.

The problems we face today require we go to a level where solutions abound. Deep within everyone there resides a healing pool of inner contentment, a wellspring of intelligence that lies beyond fear and stress. Making contact with that sets the stage for positive infusion of creativity, silence and spontaneous new directions. When the tree is nourished from the root we accept the fact that the leaves will all be nourished in a positive and natural way. Nature does it best.

Before we send our children off to school, perhaps it's time to consider what more we can do to prepare them for stress, change and the unknown. TSM is a simple, twice a day formula that improves every student's ability to prepare by developing the silent mind, that state Deepak Chopra called "new scenery for the mind to absorb - different landscape". If meditation can reduce blood pressure more than 10 points in 3 months for chronic HBP patients, imagine what it can do for children and soldiers.

We are starting a new campaign. Our center seeks to make meditation available to help solve this problem. If you would like to participate in this discussion, please contact us. You can help us make a difference.

No Hard Edges *Creating Space In The Body*

Our minds and bodies are interconnected, and the condition of one affects the condition of the other. This is why meditation is such a powerful tool for healing the body, as powerful as physical therapies. When our minds are cluttered with thoughts, information, and plans, our bodies respond by trying to take action. When the body has a clear directive from the mind, it knows what to do, but a cluttered, unfocused mind creates a confused, tense body. Our muscles tighten up, our breath shortens, and we find ourselves feeling constricted without necessarily knowing why. *When we sit down to meditate*, we let our bodies know that it is okay to be still and rest. This is a clear directive from the mind, and the body knows exactly how to respond. Thus, at the very beginning, we have created a sense of clarity for the body and the mind. As we move deeper into meditation, the state of our mind reveals itself, and we have the opportunity to consciously decide to settle it. A meditation teacher pointed out that if you put a cow in a small pen, she acts up and pushes against the boundaries, whereas if you provide her with a large, open space, she will peacefully graze in one spot. In the same way, our thoughts settle down peacefully if we provide them with enough space, and our bodies follow suit. When we settle down to examine and experience our consciousness, we discover that there are no hard, definable edges. It is a vast, open space in which our thoughts can come and go without making waves, as long as we let them by neither attaching to them nor repressing them. As we see our thoughts come and go, we begin to breathe deeper and more easily, finding that our body is more open to the breath as it relaxes along with the mind. In this way, the space we recognize through meditation creates space in our bodies, allowing for a feeling of lightness and rightness with the world.

THE OLDEST SYSTEM OF NATURAL MEDICINE

With Mike Scozzari

Ayurveda is recognized by the World Health Organization as the oldest system of natural medicine. Ayur is a Sanskrit word meaning life. Veda means knowledge, as in systematized knowledge. This term is the knowledge or science of living beings. It is an eternal knowledge but probably understood and practiced in its present theoretical form for around 3500 years.

The ancients taught how to slow down the aging process and rejuvenate from the inside out. Ayurveda aims to perfect the life and its components by maintaining a healthy body and happy mind. When one is happy and physically healthy one's purpose is fulfilled, one enjoys these benefits.

There are many health-creating approaches used in ayurveda: diet, natural exercise, knowledge, meditation, behavior modification, herbal therapy and more. Sign up today for the next workshop!

Workshops also include an overview of these fundamentals:

1. Introduction to Ayurveda
2. Ayurvedic Nutrition & Digestion

The quality of your digestive process largely determines your state of health. In this class we will explore the importance of experiencing all 6 tastes in our diet, keeping our 'agni' (digestive fire) strong and attuning our senses toward the subtler energetics of food, herbs and remedies. You will learn about specific foods and how they directly affect your unique constitution.

3. Ayurvedic Self-Healing

Mental and physical techniques that nourish and improve health. Included are yogic breathing and postures, mental reconnection with the body, and knowledge of the healing process.

Ayurveda Wellness Workshops

Better Health & Longer Life



Learn How To:

- Promote Perfect Digestion
- Achieve your Ideal Weight
- Enjoy a Health-Producing Diet
 - Improve Sleep Quality
- Stimulate Mind/Body Healing
 - Combat Stress and Aging
- Improve Digestion & Elimination
- Determine your mind/body type

Workshops include discussion on the following topics:

Energy Conservation • Body-Type Analysis • Weight Control • Yoga Asanas & Breathing Techniques • Balance & Imbalance • Mental Techniques for Mind/Body Healing and Pain Reduction • Prevention Strategies • How Your Body-Type Effects Your Health *

Ayurveda

- strengthens the immune system
 - reduces stress and restores the nervous system
 - balances metabolism
- reverses the effects of aging
 - enhances energy, vitality and mental clarity
 - supports positive lifestyle changes
- prevents and improves chronic health imbalances

4. Dinacharya, The Art of Daily Ayurvedic Healing Rituals-Learn how the natural daily cycles of the organs and doshas in relationship to seasons and time influ-

Workshop Locations

"Ayurveda adds years to your life and life to your years"

-vedic texts

Holistic Healing Wellness Center
13901 U.S. Hwy 1, Su 2
Juno Beach, FL

Yoga by the Sea Studio
2692 E Atlantic Blvd
Pompano Beach, FL

Workshops are offered 4 times a year : Saturdays, 10 AM to 3 PM - RSVP for dates and locations - \$40 per person * holistic health classes and workshops open to the public - Contact us for details - 954 354-0804 or email ms@tsmforlife.com for free ayurveda website videos.

ences our lives. Through honoring these biological rhythms and applying Ayurvedic healing modalities, we can create a daily routine that is aligned with the beauty of Nature. In this way we experience more joy, abundant energy, strong digestion and peace in each moment.

All of the classes are basic and address various aspects of mind/body healing. We require a minimum of six students to R.S.V.P. to teach the classes as planned. We are looking forward to sharing with you!!!

Get adequate, quality sleep

Related to stress is the other plague of modern society -- lack of deep, restful sleep. With diet and lifestyle, sleep is a fundamental pillar of Ayurveda. Optimal physical and mental performance is impossible if all three of these factors are not addressed.

Getting eight hours of sleep is less important than striving for quality sleep, which, according to Ayurveda, occurs when the mind is totally disconnected from the senses. Quality sleep recharges and rejuvenates the mind, improving both short-term and long-term mental prowess. How much or how little you need is an individual matter, go by what your body and mind tell you.

Yoga Instruction South Florida

En Espanol - Instrucciones de Yoga Maria Isabel Zapata,
Spanish only - Private Yoga training in your
home in Aventura and surrounding area -
786-859-9955

Yoga by the Sea - Pompano Beach Atlantic
BL Sandra Green - sgreen@realtycentral.com
Yoga Institute of Miami - South Miami
Bobbi Goldin bobbiji@yogamiami.com

Mary Madden Private Panchakarma - 512 -
627-6458 - Reserve - <http://lotus-heart.com>

Holistic Counselors who meditate and recommend TSM
Psychotherapist Claudia Rieman learned to meditate with
us while in graduate school. In Boca Raton 561-393-1911
Claudia@therapy-4u.com

Joan Lieberman, MA - psychotherapist and 30+ year
meditator. Boca Raton - kwannie@comcast.net

Maura Cohen, PhD, psychologist - Ft. Laud-
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drmauracohen@bellsouth.net

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- coastahmom@aol.com



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Ayurvedic expert Dr. R. K. Mishra
Lectures in US go to [www.vaidy-
amishra.com](http://www.vaidy-
amishra.com)

Mike Scozzari, Editor and TSM Director of Programs
for the Eastern U.S.

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Courses and Practice
Wellness Workshops
Dr. Chopra on
Meditation, Health
& Stress Reduction
Eckhart Tolle on the
Now of Consciousness



2009 Annual Newsletter