

**FACT SHEET—September 2019**

***The Transcendental Meditation and TM-Sidhi Programs  
in Schools and Universities Worldwide***

*The Transcendental Meditation® program, founded by Maharishi Mahesh Yogi, has been taught to school and university students for more than 50 years. University academic courses with Transcendental Meditation began in 1972. The first Consciousness-Based schools and university, where all students, teachers, and administrators practice Transcendental Meditation, were founded in 1972. The advanced Transcendental Meditation Sidhi<sup>SM</sup> program with Yogic Flying® was first offered as part of an academic curriculum in 1977. Over 10 million people worldwide have learned the Transcendental Meditation technique, including hundreds of thousands of students and teachers. **Currently it is implemented in more than 800 educational institutions in over 65 countries, with over 500,000 students.***

***1. Countries where schools or higher education institutions offer the Transcendental Meditation or TM-Sidhi® program as part of their academic curriculum:***

*North America: Canada, United States • Latin America: Cuba, Jamaica, Puerto Rico (U.S.), Mexico, Dominican Republic, Haiti, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica, Panama, Bolivia, Brazil, Colombia, Peru, Ecuador, Chile, Argentina, Venezuela, Guyana, Suriname, Uruguay, Paraguay, Curaçao • Europe: Spain, Portugal, United Kingdom, Ireland, Belgium, The Netherlands, Germany, Denmark, Sweden, Iceland, Italy, Bosnia and Herzegovina, Hungary, Greece, Republic of Georgia, Ukraine • Africa: Cape Verde, Mali, Egypt, Togo, Guinea Bissau, Ghana, São Tome and Principe, Kenya, Uganda, Mozambique, Zambia, South Africa • Asia: India, Nepal, Mongolia, Thailand, Japan, Philippines, Malaysia, Indonesia • Australia and Pacific: Australia, Solomon Islands.*

*More facts about Latin America: Over 410,000 students have learned Transcendental Meditation, in 480 schools; 45 higher education institutions have implemented the Transcendental Meditation and TM-Sidhi programs; over 100,000 students practice the TM-Sidhi program.*

***2. Countries with Consciousness-Based<sup>SM</sup> schools or higher education—where all students and teachers practice the Transcendental Meditation or TM-Sidhi® program and the disciplines are taught in light of the Science of Consciousness:***

*United States (school and university), India (schools and universities), Nepal, South Africa (schools and higher education), Thailand (schools and higher education) United Kingdom, Australia, Netherlands, Canada.*

*More facts about India: 200 schools in the Consciousness-Based system, 104,000 students in 16 states; a Consciousness-Based university; 4 branches of Maharishi Institute of Man-*

*agement; 4 Maharishi Colleges; 25,000 students in schools for traditional knowledge; over 46,000 students practicing the TM-Sidhi program.*