

INTERNATIONAL FOUNDATION OF CONSCIOUSNESS-BASED EDUCATION

FACT SHEET—January 2026

**The Transcendental Meditation and TM-Sidhi Programs
Currently 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 SidhiSM 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 1,000,000 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 (more than 200,000 have learned, more than 125 schools), Dominican Republic, Haiti, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica, Panama, Bolivia, Brazil, Colombia, Peru (more than 100,000 students in 77 schools), Ecuador, Chile, Argentina, Venezuela, Guyana, Suriname, Uruguay, Paraguay, Curaçao, Guadeloupe, Martinique.

Europe: Spain, Portugal, United Kingdom, Ireland, Belgium, Denmark, Italy, Hungary, Republic of Georgia, Ukraine.

Middle East: Lebanon,

Africa: Cape Verde, Mali, Egypt, Togo, Ghana, São Tome and Principe, Kenya, Uganda, Mozambique, Zambia, South Africa, Zimbabwe

Asia: India, Pakistan, Nepal, China, Mongolia, Thailand, Cambodia, Japan, Philippines, Malaysia, Indonesia

Australia and Pacific: Australia, Solomon Islands. New Zealand

More facts about Latin America: Over 500,000 students have learned Transcendental Meditation, in 498 schools; 47 higher education institutions teach the Transcendental Meditation and TM-Sidhi programs; 100,000 students practice the TM-Sidhi program.

2. Countries with Consciousness-BasedSM 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: Schools and Higher Education:

United States, India, South Africa, Zimbabwe, Thailand, Uganda, Australia, Canada,

More facts about India: 200 schools in the Consciousness-Based system, 150,000 students in 16 states; a Consciousness-Based university; 4 branches of Maharishi Institute of Management; 4 Maharishi Colleges; 25,000 students in schools for traditional knowledge; over 50,000 students practicing the TM-Sidhi program.