Ancient Technology Conquers Modern Day Stress

How can an ancient meditation technology provide relief for the rampant anxiety and stress of the 21st century? Join us as we take a look at the Transcendental Meditation® Technique (TM). Certified TM instructors Tom Bojarski and Tim Owens will answer questions like: Why do over 6 million people practice TM? How does TM work? Why does it work? How does TM differ from all other meditation techniques? Where does it come from? And how does one learn it? **NOTE:** This is an informational presentation. Presenters will not be facilitating a meditation session.

**Presenters:** Tom Bojarski has a doctorate in education and has taught and administered programs at the secondary, college, and university level. Most recently he was Director of Model Schools for six school districts in Southern NYS. He has made presentations in India, Taiwan, and Hong Kong.

Tim Owens is an alumnus of SUNY Albany where he graduated with a bachelor's in English, a master's in English, and a master's in education. He retired after teaching for 29 years in the Schenectady Public Schools. He also taught for 10 years in the Teleosis School of Homeopathy.

To Register Contact:

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call 442-5483 or register online
http://www.albany.edu/eap/event_sign-up.htm

Tuesday, September 26
Noon—1:00 pm
Room 375
Campus Center