

# [Essays park](https://assignbuster.com/essays-park-essay-samples-11/)

Transcendental Meditationis a complete standardised meditation technique. For becoming a proficientpractitioner, one learns a precise way to meditate from a highly trainedinstructor who can teach the proper technique in an accurate way. ·      Lifetime benefits·      It includes personal one on onepersonal·      Ongoing support and follow upPersonal andstandardized instruction ensures that the practice is well established in thenew meditator so that people enjoy its effortless and easy nature.

The estimatedcost of instruction is $960 for adults. For full-time college students the costis $480, and for students in high school and under its $360. Meditation isfor anyone and everyone.

If you feel like your mind is always active and yourbody is uneasy to sit, then you actually an ideal candidate for thismeditation. You don’t need to be calm or stop thinking, try to sit still forthat matter. Vedic meditation effortlessly settles the mind and body in the mostnatural and instant way.