

# INTERNATIONAL FOUNDATION OF CONSCIOUSNESS-BASED EDUCATION

FACT SHEET—September 2019

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

Transcendental Meditation, 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 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, Consciousness-Based Education programmes are 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 programme 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 programmes
- Over 100,000 students practice the TM-Sidhi programme

## **2. Countries with Consciousness-Based schools or higher education—where all students and teachers practice the Transcendental Meditation and TM-Sidhi programme, 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 Management
- 4 Maharishi Colleges
- 25,000 students in schools for traditional knowledge
- Over 46,000 students practicing the TM-Sidhi programme