

Katie Couric on the benefits of transcendental meditation

By Page Six Team

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Katie Couric described to a Hamptons crowd how transcendental meditation helps her manage her schedule, but most importantly how it helps victims of domestic violence and veterans suffering from PTSD.

Couric hosted the 15-year anniversary of the David Lynch Foundation in Bridgehampton on Friday.

Foundation CEO and TM guru Bob Roth, who has taught a host of big names including Oprah Winfrey, Tom Hanks, and recently, Jared Kushner and Ivanka Trump, says the technique is effective in lowering stress, improving brain function and creativity.

The foundation is also about to start teaching in some NY schools.

TM has swept Wall Street, largely thanks to billionaire Ray Dalio who hails it as the secret to his success.

Aptly, "Billions" co-creator Brian Koppelman was also there and told how he does TM before he writes the Wall Street saga.

Attendees included foundation vice chair Mark Axelowitz, divorce attorney **Nancy Chemtob** and producer Joanna Plafsky.