Several St. Louis area judges have referred probationers, as a condition of probation, to complete a program of Transcendental Stress Management (TSM) at The Enlightened Sentencing Project (TESP) in St. Louis. Those eligible for the program are offenders who have pleaded guilty to felonies and misdemeanors and are otherwise appropriate candidates for probation.

The offender attends a 10-week course and pays a fee that covers part of the cost of the program.

The aim of the program is to teach the offender the Transcendental Stress Management program and stress-reducing skills like yoga and breathing exercises. Anecdotal evidence and preliminary research indicates a marked decrease in hostilities, aggressive and impulsive behaviors among participants. Judges report a high rate of success for those who complete the program. Research on inmates in custodial settings has shown a marked reduction in recidivism rates in inmates who have gone through this program. In addition, research also shows that this program is a powerful antidote to stress.