

EUROPE

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What PARENTS think about the Quiet Time / Transcendental Meditation Program?

Parents Testimonials of another TM training course

<http://associacaodepaisapejaa.blogspot.be/2017/06/testemunhos-de-mais-uma-acao-de.html>

Experiences from the student's parents after the training course on Transcendental Meditation (TM) promoted by APEJAA (P9) partner in the EUROPE project at the João Afonso de Aveiro School and the Glória and Vera Cruz Parish Council.

"Absolutely amazing!

It is absolutely essential and fundamental that the practice of Transcendental Meditation be part of our daily routine, as well as be part of the school curriculum of all students, as a necessary tool for better academic performance and personal success at school.

I was very skeptical on these issues and after this training I was completely in favour and strongly recommend this experience."

L. Costa



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"An extraordinary initiative that should be extended to as many schools as possible; it is critical to the full development of our children."

João G.



"It was a very rewarding experience. It would be very interesting for the school to move forward with transcendental meditation for the children. "

Rita

"This is a fantastic tool to calm stress, relax and gain physical well-being. It is essential for the the children at the level of concentration and behaviour."

João S.



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"This training allowed me to learn to meditate and look in a different and more serene way to life in general.

The balance is undoubtedly positive and I hope to succeed with what I learned from this week, to find the inner peace that I need."

Rosa

"Without a doubt I recommend transcendental meditation as a practice with great utility and to recommend. I have long wanted to learn to meditate and as soon as this opportunity arose I did not hesitate.

I recommend it to anyone and I think it should be a practice to implement early in the schools and why not with children from 5/6 years old!?"

Ana Cristina

"I really enjoyed the training. In these early days, transcendental meditation seems to have positively influenced my sleep."

Carlos

"Transcendental Meditation is a tool for peace of mind. All practitioners will take advantage. If this practice can be applied from childhood, then very soon it starts a path of personal/emotional growth/strengthening."

Diana



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"I enjoyed the experience. Now it's a matter of practicing more to take advantage of the technique.

I would like this project to reach teachers and students as well, considering it would be useful for teaching and learning. "

Elisabete



"This project is a sign of hope in a new consciousness and serenity, in our modern era, increasingly agitated.

Congratulations on the initiative and the quality of the training. THANK YOU for the opportunity!

I am very pleasantly surprised and grateful.

It would be fundamental for the development of the personality of our children and young people if they could enjoy the transcendental meditation as naturally integrated in their school life!!

It would change their life and their future!

I am counting on your executive capacity for this! "

Maria Claudia



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"I really want my daughter to practice meditation at school! Just like my other daughter who is in elementary school in Santiago.

For the first time I felt what it means to stop for me, for nothing and for everything.

Very goooood! "

Luisa

"It is a new and very pleasant experience that should be extended to the entire educational community, especially to the students."

Vera Maria



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"At first it seems strange, then you're in. Meditate is fundamental to put the ideas in order. Searching for something different.

I think it would be interesting to extend this project to the students of the João Afonso school. "

Renato

"I believe in the advantages of learning this technique and I would very much like my daughter to have the opportunity to learn it."

Fernanda Maria

"Excellent for attaining an inner stillness that conveys a lot of serenity and peace.

It would be great to implement meditation at the student level, which would certainly have very good results. "

Carla

"The training of TM was important both from a personal and relational point of view.

It would be essential to give students the opportunity to attend this meditation course.

I take this opportunity to thank prof. Antonio and APEJAA for the improvement of my well-being."

C. Lamb



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