

## Social Inclusion and Tolerance: The psychological and social benefits of Quiet Time

<b>9h30 – 10h00</b>	<p><b>Welcome and introduction</b>          Fabrizio Boldrini — Project Coordinator and <i>Director “Hallgarten-Franchetti Centro Studi Villa Montesca” Foundation</i>          Ashley Deans - <i>Professor of Education and Physics</i></p>
<b>10h00-10h40</b>	<p><b><u>Implementation Coordinator and Field of Experiences</u></b>          Mirta Castellaro: Coordinator          Paulo Côte-Real and Teresa Palaré: implementation team (Portugal)          Conny Postel and Gerrie Lucassen: implementation team (Netherland)          Anabela Simões and Thomas Nordlund: implementation team (Sweden)</p>
<b>10h40-11h00</b>	<p><b><u>Testimonials in first person:</u></b>          Professors and Students: Benefits of Quiet Time in Schools (Alberto Iria School)</p>
<b>11h00-11h15</b>	<b>Coffee Break</b>
<b>11h15-11h55</b>	<p><b><u>Evaluation Coordinator and Evaluation Teams: Results</u></b>          Raymond Slot: Coordinator          Sérgio Vieira and Joana Vieira dos Santos: evaluation team (Portugal)          Evaluation team (Netherland)          Evaluation team (Sweden)</p>
<b>11h55-12h15</b>	<p><b><u>Social Inclusion and Tolerance: The Quiet Time Benefits</u></b>          Frans Van Assche (Maharishi Foundation)          Alberto Bramanti</p>
<b>12h15-12h30</b>	<p><b><u>Closing:</u></b>          Fabrizio Boldrini (Project Coordinator)          Sergio Vieira (Organizing Team)</p>