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National Education Summit Showcases the Effects of the Quiet Time Program in the Classroom on October 23

Showcasing Meditation Proven to Increase Academic Performance and Learning Readiness in Students

Sponsored by the David Lynch Foundation, Featuring Russell Simmons, Soledad O'Brien, San Francisco School Superintendent Carlos Garcia, Robert Hughes, President of New Visions for Public Schools and Richard A. Friedman, M.D. from Weill Cornell Medical Center

New York, NY -- October 16, 2012: 200 top educators will convene in New York City on Tuesday, October 23, 2012 at the Paley Center for Media for a "National Education Summit on Quiet Time in the Classroom." Attendees at the event, sponsored by the **David Lynch Foundation**, will discuss the growing body of research, their positive experience using Quiet Time in the classroom and the evidence that shows Quiet Time in the classroom promotes learning readiness and performance while improving student and teacher health.

In this country, there is a widespread reliance on prescription drugs to combat stress and boost performance among students. More than 10,000,000 students are prescribed anti-depressant medication, yet the third largest cause of death in teenagers is suicide. Quiet Time's focus on meditation as an alternate method for reducing classroom stress is gaining adherents among educators who offer the program to at-risk students.

The summit is co-chaired by renowned CNN anchor **Soledad O'Brien**, entrepreneur and philanthropist **Russell Simmons**, and David Lynch Foundation President **John Hagelin**.

Summit panelists include **Carlos Garcia**, recently retired School Superintendent of the San Francisco Unified School District; **Robert Hughes**, President of New Visions for Public Schools in New York City; **Donna Finn**, Principal of the Frank Sinatra School of the Arts in Queens; **Richard A. Friedman, M.D.**, Professor of Clinical Psychiatry, Weill Cornell Medical College and a *New York Times* Columnist; and **Norman Rosenthal, M.D.**, Clinical Professor of Psychiatry at Georgetown University Medical School and author of the *New York Times* bestseller, *Transcendence: Healing and Transformation through Transcendental Meditation*.

"The meditation-based Quiet Time program has been incorporated in public and charter schools nationwide, including in Washington, D.C., Hartford, Detroit, Chicago, Los Angeles, and also in

San Francisco, where more than 3,000 students, faculty, administrators, and staff in four S.F. public schools have learned meditation over the past five years,” said John Hagelin, a Harvard-trained quantum physicist.

“Controlled studies have shown significant improvements in test scores, daily attendance, and graduation rates, along with reductions in anxiety and substance abuse among meditating students. Research has also shown reductions in anxiety, depression, anger, fatigue, absence due to illness, and turnover rate among teachers,” Hagelin said.

Carlos Garcia, who retired in June after 40 years as San Francisco school superintendent and as a public school educator said, “Quite simply, the Quiet Time program should be in every school in the country.”

The David Lynch Foundation, a 501(c)(3) nonprofit organization established in 2005 by filmmaker David Lynch, has provided scholarships for over 250,000 at-risk students to learn to meditate in the U.S. and worldwide.

WHAT: Educational summit will highlight the Quiet Time program outcomes for student, teachers, and entire schools. Those invited include educators, medical researchers, thought leaders, and funders.

WHO: **Carlos Garcia**, recently retired superintendent of the San Francisco Unified School District; **Robert Hughes**, president of New Visions for Public Schools in New York City; **James Dierke**, Executive Vice President of the American Federation of School Administrators; **Donna Finn**, Principal of the Frank Sinatra School of the Arts in Queens; **Pedro Noguera, Ph.D.**, Peter L. Agnew professor of education at New York University; **Richard A. Friedman, M.D.**, Professor of Clinical Psychiatry and director of the psychopharmacology clinic at Weill Cornell Medical College; **Norman Rosenthal, M.D.**, Clinical Professor of Psychiatry at Georgetown University Medical School and author of the *New York Times* bestseller, *Transcendence: Healing and Transformation through Transcendental Meditation* and **Laurent Valosek**, Executive Director of the Center for Wellness and Educational Achievement.

WHERE: Paley Center for Media, 25 West 52nd Street (between 5th and 6th Avenues)
New York City

WHEN: Tuesday, October 23, 2012
Lunch 11:30 A.M. – 1:00 P.M.
Panel Discussion 1:00 P.M. – 4:00 P.M.

To arrange an interview with any of the event sponsors or panel participants, contact Eric Katzman at The TASC Group at 646-723-4344 or eric@thethetascgroup.com.

About The David Lynch Foundation

The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; women and girls who have been victims of violence, rape, and abuse, American Indians suffering from diabetes and high suicide rates; homeless adults and teens participating in reentry programs; and incarcerated adults and juveniles. For more information, visit www.davidlynchfoundation.org.

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