



Confira uma seleção de notícias sobre o treinamento mental de atletas e equipes e como a meditação tem proporcionado significativos resultados:

CORRIDA

<https://amenteemaravilhosa.com.br/correr-boa-maneira-meditar/#>

<https://m.huffpost.com/us/entry/3398745>

<https://www.livestrong.com/article/106002-meditation-techniques-sports/>

FUTEBOL

<https://tmhome.com/experiences/interview-ruben-sanchez/>

ALTA PERFORMANCE

<https://tmhome.com/benefits/sports-performance-meditation-practice/>

PESQUISA CIENTIFICA CEREBRO DE ALTO DESEMPENHO

<http://www.bmedreport.com/archives/32699>

APLICATIVO

<http://www.choosemuse.com/blog/meditation-athletic-performance/>

NYTIMES - FUTEBOL AMERICANO

<https://mobile.nytimes.com/2017/06/21/well/live/to-train-an-athlete-add-12-minutes-of-meditation-to-the-daily-mix.html?referer=https://www.google.com.br/>

NYTIMES - MED E SAUDE

<https://mobile.nytimes.com/blogs/well/2015/11/10/ask-well-the-health-benefits-of-meditation/?referer=https://mobile.nytimes.com/2017/06/21/well/live/to-train-an-athlete-add-12-minutes-of-meditation-to-the-daily-mix.html?referer=https://www.google.com.br/>

CORPO E MENTE

<https://www.shape.com/lifestyle/mind-and-body/how-meditation-can-make-you-better-athlete>

LIVRO

<http://www.apa.org/pubs/books/4317476.aspx?tab=1>

DJOKOVIC

http://www.espn.com/tennis/story/_/id/13166973/wimbledon-novak-djokovic-power-meditation

AUSTRALIA

<http://mobile.abc.net.au/news/2017-03-05/athletes-use-meditation-and-mindfulness-to-give-them-edge/8326004>



GABHISHAK

COACH DE RUGBY DO JAPAO

<http://rugbystrengthcoach.com/meditation-for-athletes/>

RUBEN SANCHES E BORUSSIA DORTMUND

<http://www.codigonuevo.com/dos-maestros-nos-enseñan-a-mezclar-deporte-y-meditacion-y-a-ponerla-mente-en-blanco-mientras-corremos/>

UNIVERSIDADE DA FLORIDA

<http://www.bebanq.com.br/meditacao-aumenta-rendimento-e-bem-estar/>

Enjoy,

Gabhishak