



## Mindfulness Training

### CERTIFICATE OF COMPLETION

This is to certify that:

*Denise Bosque*

successfully completed the Mindfulness Association's Mindfulness Practitioner Foundation Course and the Mindfulness Practitioner Certificate Course.

The Training comprised of the following weekends:

**Mindfulness Practitioner Foundation Course:** Intention and Motivation, Settling the Mind, Using Sound as Mindfulness Support and Bodyscan

**Weekend One of the Mindfulness Practitioner Certificate Course:** Using Breath as Mindfulness Support, Mindful Movement and Working with Distraction

**Weekend Two of the Mindfulness Practitioner Certificate Course:** Acceptance, Self-Compassion and Mindfulness Skills in Times of Difficulty

**Weekend Three of the Mindfulness Practitioner Certificate Course:** Undercurrent and Observer, Life Values and Sustaining an Ongoing Mindfulness Practice

**Including** - 40 hours tuition time over four weekends

- Student commitment of 45 minutes Mindfulness practice per day, plus informal daily life practices
- Keeping a journal throughout the year

Signed

Heather Regan-Addis, Director