



Center for Mindfulness in Medicine, Health Care, and Society
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To Whom It May Concern:

Vassilis Xypolias successfully completed the 2015 Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR), offered by the Center for Mindfulness in Medicine, Health Care and Society hosted by CFM Denmark at Sostrup Castle and Monastery, Grenaa, Denmark.

The intensive began September 15 and concluded on September 23, 2015. Vassilis fully participated in the 8 day, 92-hour program.

Admission to the Teacher Development Intensive was limited to those with extensive professional experience in the fields of health care, education and/or social change, a personal meditation and bodywork practice, silent mindfulness retreat experience, and experience teaching or a strong intention to teach MBSR.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jacqueline Clark'.

Jacqueline Clark
Project Coordinator, Oasis Institute
Center for Mindfulness